

Special *Flatten-Your-Belly* Issue!

EAT THIS ↓

NOT THAT! →



Their recipe:
**Romano's
Macaroni Grill
Lasagna Bolognese**
1,110 calories, 67 g fat,
2,740 mg sodium

Your recipe:
Sausage Lasagna
360 calories,
11 g fat,
810 mg sodium

350-Calorie COMFORT FOODS

*{ Lose Weight
with Mac
& Cheese! }*
Awesome 10-Minute Meals!

179
SMART
FOOD
SWAPS

36
GET-
SLIM
SNACKS

55
FAST &
HEALTHY
DINNERS

Drop 2 Sizes in 2 Weeks!

With Burgers, Pizza, Even Chocolate!

275 BEST EVER
COOKING, WEIGHT-LOSS, &
NUTRITION SECRETS

*{ Fast, Easy—and It
Works for Everyone! }*

*{ Save Time,
Save Money! }*

Save!
750 calories
and
56 g fat!



Early Spring 2016

Naturally light and fresh taste



be more tea

Lipton Pure Green tea is delicately blended from freshly picked, young leaves for a naturally light and fresh taste. Add a little uplift to your day.



taste good, feel good

Make your own winter
wonderland, pg. 54



SPECIAL! FLATTEN-YOUR- BELLY ISSUE!

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EAT THIS, NOT THAT!

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world's top experts

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EAT THIS! NOT THAT!

THE NO-DIET WEIGHT LOSS SOLUTION

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mpa

The Association of Magazine Media



Green & Healthy

Unleash the metabolism-boosting power of four simple foods and one lifesaving drink that will guide you through a year of perfect nutrition.

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21 Ways to Have the Best Winter Ever

How to eat like a Viking, sled like a Finn, build a snowman like an engineer, and more.

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Cook! 10 flat-belly kitchen habits, 100 calories you'll never miss, and more.

Shop! The best new comfort foods and the Eat This, Not That! meat counter decoder

Dine! Don't order another meal until you read our Flat-Belly Restaurant Survival Guide

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How to make your own pizza dough, select the right cut of beef, whip up a buttery pastry, and more.

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Country music superstar **Carrie Underwood** gained a healthy 30 pounds to give birth to her first child, then returned to form in no time. Discover her slim-down secrets and the special veggie sandwich that fuels her through the day.



Read This!

LETTER FROM THE EDITOR

Decide to Win

This year, I have the perfect New Year's resolution:
Don't make any resolutions.

Making a resolution is like playing David to your own inner Goliath—except without any stones in your slingshot. In fact, a 2015 study from the University of Scranton found that only 8 percent of us actually stick to our New Year's resolutions in the long run.

That's why, this year, you're going to try something different. Instead of making a resolution, you're going to make a decision. You're going to decide to make this winter a blast—your leanest, healthiest, most delicious season ever, and the start to the best year of your life. And Eat This, Not That! has the plan—several plans, actually—to make that seemingly impossible dream come true.

Why a decision, instead of a resolution? Because resolutions are things you have to keep adhering to. By their very etymology, they require you to have “resolve.” And you may have resolve today, but are you going to have resolve on a Wednesday night three weeks from now when your brain, body and soul are crying out for comfort food and couch time? No. Using willpower to fend off food cravings and fatigue is like using a pointy stick to fend off the Navy SEALs.

But what if you didn't have to stick to a resolution, because you've already decided on your course of action? Play out these two sentences in your mind:

“I've made a resolution to stop snacking before bed.”

“I've decided to stop snacking before bed.”

Hear the difference? The first turns you into a deer in the headlights, trying to stand firm against oncoming temptation. The second puts you safely on the other side. You've already decided.

Eat This, Not That! has been helping people stick to their decision to lose weight, eat great, and improve their lives in myriad ways for nearly a decade. And in 2016, we're making it even easier. You'll be able to access us in more ways than ever before: Not only are we continuing to grow EatThis.com as well as our suite of apps, books, and newsletters, but this month, we're launching our first fully integrated program, Eat This, Not That! for Abs. It may be the fastest and most effective weight-loss program ever created. (You'll find a sneak preview of it on page 58.)

All you have to do is decide to turn the page.

—David Zinczenko,
Founder and CEO of Eat This, Not That!



Learn the weight-loss secrets, kitchen hacks and quick & healthy recipes that 5 million people discover every month at EatThis.com.

Breakthroughs

Groundbreaking Food and Nutrition Solutions for Every Part of Your Life

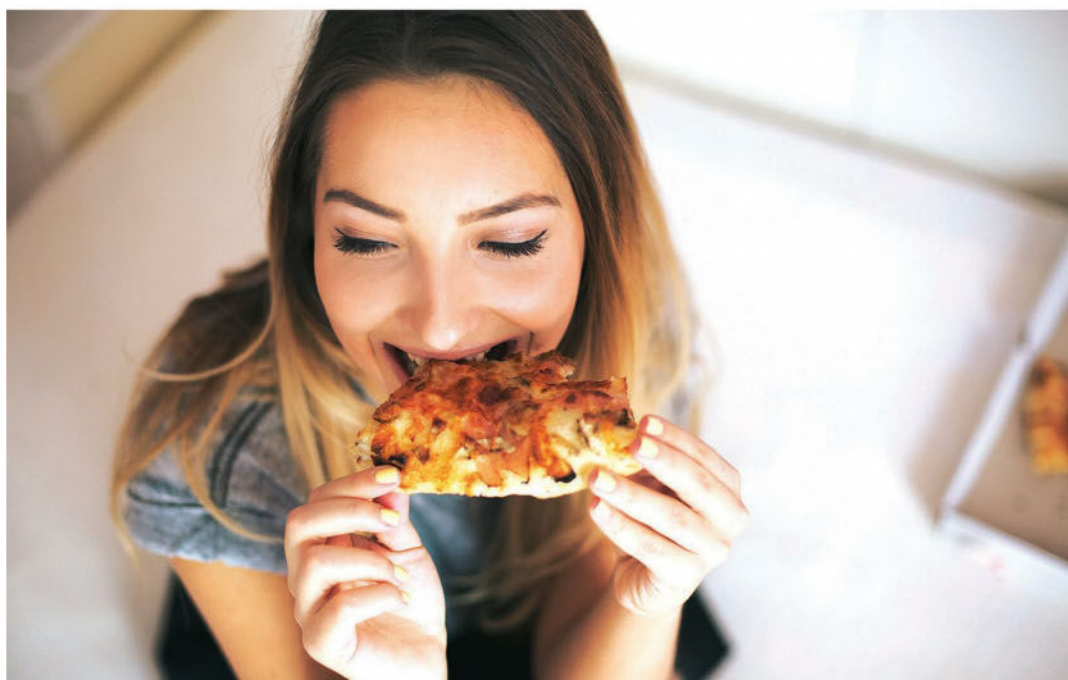
Big Fat Feelings

Talk yourself slimmer: In a recent review in the *International Journal of Obesity*, researchers found that those who identified themselves as “overweight” were more likely to report overeating in response to stress, and therefore gain more weight. But those who weighed the same and didn’t self-identify as having a weight issue were more likely to control their stress eating and not continue to put on pounds.

MIND OVER ZIPPER:

Telling yourself you’re not overweight may be the most positive way to slim down.





Feathering Your Nest

Men: If you want to know how to fertilize an egg, take a lesson from a chicken. Researchers at Harvard found that couples undergoing IVF treatment had a 13 percent higher success rate when the father-to-be got more of his meat intake from poultry rather than beef. The total amount of meat consumed didn't seem to matter, but where that meat came from did.

Get Your Skinny Genes On

Scientists may soon have a way of manipulating your genes to make you less fatty and more muscular. Researchers at the University of British Columbia in Canada recently looked at a particular family of proteins that are more common in the fat tissue of obese patients. The scientists found that in mice, they could silence a gene for these proteins, resulting in dramatic fat reduction.

Nowhere to Run

"I'll just run an extra 10 minutes on the treadmill tomorrow." How often have you told yourself that after grabbing that third slice of pizza? Unfortunately, it doesn't really work like that: In a meta-analysis of 33 studies over 25 years, researchers found that diet was more than three times as important in weight management than exercise. A better play: Exercise before your food fest, so more of those calories go to your muscles, not your belly.

1/5TH

Amount by which food cravings can be cut after playing Tetris on your phone for three minutes, according to a University of Plymouth study.

My Sugar Left Me Sad

Researchers analyzed data from more than 90,000 women ages 50 and older who took part in the National Institute of Health's Women's Health Initiative Observational Study. They found that a high-GI diet—meaning one filled with added sugars and refined carbohydrates—increased the risk of depression by 22 percent. A higher consumption of dairy, high-fiber foods, fruit, and vegetables was associated with a lower risk of developing depression.

Oil's Not Well



The smartest swap in the supermarket? Toss any cooking oils or baked goods made with soybeans. In mice at least, a diet high in soybean oil caused even more obesity and diabetes than a diet high in sugar, according to a recent study at the University of California, Riverside. In the study, mice were fed two different unhealthy diets. Those that were fed diets high in sugar gained weight, but mice fed diets with high levels soybean oil gained almost 25 percent more abdominal fat.

Don't Shop When You're Sad

In a recent study, researchers asked half of their participants to write about a fight with someone close to them in as much detail as possible. Then, participants were asked to taste test potato chips. The researchers found that those who had just completed the depressing exercise rated the chips more enjoyable, and consumed a larger portion, than the control group.

Keep Pushing the Peas

Even if the kids object, keep bringing those veggies home. A new study published in the journal *Appetite* found that those who were repeatedly exposed to healthy foods as a kid were more likely to enjoy them in adulthood—

even if they disliked those foods in childhood. Those who were never forced to eat healthy foods as kids were less likely to want to eat them as adults.

Ripped Green Tomatoes

We may have finally figured out Sylvester Stallone's secret. The 69-year-old muscle man might be spending less time at the gym and more time at the fruit stand—at

least according to recent University of Iowa findings. Researchers discovered that compounds found in green tomato skins and apple peels turn off the protein responsible for the age-related loss of muscle mass. Animals fed these two compounds increased their muscle mass by 10 percent. And their muscle strength increased by 30 percent, putting their strength on par with young adult mice.



123%

Increase in the number of farmers' markets since 2004.



Weight Loss on Tapas

The very best way to lose weight is to order the small. So say researchers at the University of Cambridge, whose review of 61 studies provides the “most conclusive evidence to date” that **portion size affects how much we unwittingly eat.** The team also said smaller plates, glasses, and cutlery helped people eat less.

Happy as a Clam

Next time you’re feeling down, the best medicine might be a reservation at your local sushi bar. **Fish eaters have a 17% lower risk of depression** than their non-fish-eating counterparts, according to researchers from the Medical College of Qingdao University in Shandong China.

Quality over Quantity

While it’s easier than ever to know how many calories are in your order, where those calories come from may matter a lot more than their total, according to the journal *Open Heart*. Scientists estimate that **replacing low-cal foods with two servings of fatty, high-calorie nuts a week could save 90,000 lives in the U.S. every year.** Instead of counting calories, ask your

server to point you to foods that are made with healthy fats like olive, canola, coconut, or peanut oil, as well as nuts, seeds, and avocado.

From Worst to First

Ordering your child’s meal to the table first may lead to her eating healthier food. A study in the *Journal of the Academy of Nutrition and Dietetics* found that **kids ate 11.8 percent fewer vegetables when**



they had less than 25 minutes to eat; kids with longer mealtimes ate more and better. Getting a healthy meal in front of them fast—and letting them sit with it—might end those restaurant-based battles once and for all.

43,560,000,000

Number of eggs laid in the U.S. last year, not counting Rick Perry’s presidential campaign.

100

Percent of eggs served at Burger King that will come from cage-free hens by 2017.

Plastic Not Fantastic

Plastic plates and cups are essential for any family with children—or just clumsy adults. But switching from plastic plates and bowls to stainless steel could reduce the amount of a harmful substance called melamine in people's bodies. In the journal *Environmental Science & Technology*, researchers measured levels of this plastic in people's urine, then asked them to eat their meals from stainless-steel tableware. The melamine levels in their urine decreased by as much as 92 percent. Although the FDA claims that melamine does not leach out of dishware, this study calls that assumption into question.

Serve Steak AND Potatoes

Low-carb Paleo diets may be undoing our intellectual evolution. In a new study in *The Quarterly Review of Biology*, researchers argue that starchy carbs played a key role in the accelerated expansion of the human brain over the past million

years. They claim that the human brain uses up to 60 percent of the body's blood glucose, and that once man learned to cook—unlocking the nutrients in starches like potatoes and making them more bio-available—it triggered evolutionary changes that not only allowed us to digest carbs better, but increased the size of our brains as well.

Grease Your Palm

Keep a jar of coconut oil next to your stove and use it as your go-to for whatever you're cooking. A study of men in the journal *Pharmacology* found that those who consumed 2 tablespoons of coconut oil a day shrank their waists by an average of more than 1 inch a month. Use

coconut oil almost anywhere you'd use butter—for eggs or stir-fries, healthier pancakes, or even in baking.

The Blue and the Gray Matter

Top your morning cereal with blueberries and you may one day be beating your great-grandchildren in chess. A long-term study in

the *Annals of Neurology* found that eating blueberries can lower the rate of cognitive decline by as much as 2.5 years by the time you hit your 70s. The best bet for your kitchen: frozen, wild blueberries, which are higher in nutrients and, in the end, cheaper than the fresh versions, because they won't go bad on you.



KITCHEN HACK of the MONTH

The next time you whip up a delicious flourless chocolate cake, substitute half of the baking soda in the recipe for baking powder. A study in the *Journal of Food Science* found that using a combination of the soda and powder could retain more than 85 percent of the cocoa's heart-protective flavonols, which are otherwise lost in the baking process.



Drink This!

STARTERS



People who drink two cups of cocoa a day perform better on brain function tests, says a Harvard study. But what's the best brand to sip? Turn the page!

COCOA PUFFERS:
Bundle up! We tested the tastiest
hot chocolates for winter.

Haute Chocolate

Our blind taste test reveals the best hot chocolate mixes to sip this winter

In theory, the idea of drinking hot, creamy, melted chocolate seems almost too good to be true.

Sadly, it often is. Most of the mixes in the grocery store are far too sweet for adults, and few deliver real chocolatey goodness, unless you're talking about the powdery lumps collected at the bottom of the mug.

So we decided we'd embark on a quest to find the perfect cup of hot chocolate. After all, if you're going to blow half a day's sugar on one drink, you want to be sure it's worth every last sip. To find out which cocoa mixes are the best of the bunch, we created a blind taste test of 14 cocoa mixes, most designed to be brewed with warm milk, and a few made with water. Our testers rated each drink for aroma, consistency and overall flavor. In the end, we found them: the best hot cocoa mixes in America!

#11 Dagoba Organic Unsweetened Cacao Powder (1.6/10)

40 calories
5 g fiber / 0 g sugar
None of our testers could get on board with this unsweetened spiced cacao powder. One sipper said the drink tasted like "a combination of sand, crayons, and cocoa."

#10 Christopher Elbow Artisanal Chocolate Cacao Noir (4/10)

260 calories
3 g fiber / 16 g sugar
It might have a fancy name, but our testers found this cocoa's flavor rather plain. "It tastes like milk mixed with chocolate sauce," noted one person.

#9 Burnham & Mills Double Dutch Hot Chocolate (4.9/10)

80 calories
1 g fiber / 12 g sugar
This contender garnered subpar reviews for its bland, "Nesquik-esque" flavor and watery consistency.

#8 Guittard Grand Cacao Sweet Ground Cocoa Drinking Chocolate (5.9/10)

150 calories
5 g fiber / 19 g sugar
No one seemed to agree on this one: Comments ranged from "pleasant brownielike aroma" and "really delicious" to "way too thin" and, oddly, "smells like a Whopper."

#7 Swiss Miss Simply Cocoa (6/10)

100 calories
<1 g fiber / 13 g sugar

For many, Swiss Miss's Simply Cocoa tasted "just sweet enough" and had a "very pleasant chocolatey flavor." This cocoa possesses a "delightfully milky" texture that many felt would please kids and adults alike.

#6 (tie) Starbucks Hot Cocoa Double Chocolate (6.1/10)

120 calories
3 g fiber / 17 g sugar

Fran's Dark Chocolate 65% Venezuelan Cacao (6.1/10)

190 calories
4 g fiber / 11 g sugar
Starbucks offered a "just-right combination of flavors." Fran's earned praise for its rich "liquid Cocoa Puff" flavor.

#5 Cisse Cocoa Signature Semi Sweet Hot Cocoa (6.3/10)

120 calories
2 g fiber / 20 g sugar
Volunteers liked its "velvety and creamy" texture and "rich fudgy and nutty notes." However, a few tasters complained that it tasted "artificial" and was "too sweet and syrupy."

#4 Sarabeth's Hot Chocolate Parisienne (6.9/10)

260 calories
6 g fiber / 27 g sugar
Sarabeth's mix boasts a rich, dark flavor with a bit of bitterness. Sippers liked the "woody chocolate" and "hot fudge-esque" aroma and "hints of nutty caramel."

#3 Ghirardelli Drinking Chocolate Mini Semi-Sweet Chocolate Drops (6.9/10)

70 calories
1 g fiber / 6 g sugar
Ghirardelli consists of small chocolate disks that melt when hot liquid is added. Tasters described it as a "slightly sweeter dark chocolate bar." Many were fans of its "creamy, thick, and velvety consistency."

#2 Godiva (7.4/10)

130 calories
<1 g fiber / 22 g sugar
A huge hit with tasters, this famous chocolatier's hot cocoa mix was described by some as having a "rich and slightly bitter taste" while others found the flavor "like drinking a chocolate bar."

#1 Silly Cow Farms Hot Chocolate (8/10)

80 calories
1 g fiber / 14 g sugar
"Chocolate heaven" and "perfect for a cold day" were used to describe this winning, rich hot cocoa. Testers noted that Silly Cow was more of

“an adult beverage” than its contenders, thanks to its “amazing velvety consistency.”

Like Water for Chocolate

The best water-based cocoa mixes

Most high-end chocolate mixes require milk, but here are three top brands designed to mix with hot water.

#3 365 Everyday Value Organic Hot Cocoa Rich Chocolate Flavor Mix (4.1/10)

110 calories

<1 g fiber / 22 g sugar

Several tasters found this cocoa “bland” and were turned off by its “thin” and “chalky” consistency.

#2 Swiss Miss Dark Chocolate Sensation Hot Cocoa Mix (5.5/10)

150 calories

2 g fiber / 18 g sugar

Though testers liked its thick, smooth, and foamy consistency, the flavor lowered its overall score. “Like sipping the milk leftover in a bowl of chocolate cereal—and not in a good way,” said one.

#1 Nestle Rich Milk Chocolate Flavor Hot Cocoa Mix (7.1/10)

80 calories

<1 g fiber / 10 g sugar

Our tasters were fans of the “just sweet enough,” “real dark chocolate” flavor and the “thick and velvety” texture. Many also noted that the drink possessed a “milky” texture, even though it was mixed with water.

WARMING TRENDS:
Clockwise from top right: Nestle's water-based winner; Godiva was like “drinking a chocolate bar”; Silly Cow was our top pick; Ghirardelli uses tiny melting chocolate disks.





SLIM-DOWN ROUTINES:
Follow these daily habits
to make weight-loss
automatic.

10 Flat-Belly Kitchen Habits

No-hassle ways to slim down your meals—without skipping the foods you love

In any relationship, it's the little things that matter most: the thoughtful gestures, the thank-you notes, the reciprocal kindness. And that's true when it comes to your relationship with your belly as well.

You can make the big pronouncements—promise to go the gym every day or swear to eat nothing but kohlrabi for lunch—but big promises often don't lead anywhere. It's the little day-in, day-out habits that determine whether you and your belly will have a mutually energizing rapport, or one marred by disappointment, intractable flabbiness, and general frustration.

And nowhere is that more true than in the kitchen. You don't need a 10-week course in fat-free cooking;

you need these 10 simple kitchen hacks that will strip away just enough extra fat, sodium, and calories to put you and your belly back on the best of terms.

#1 Undress for Success

What are you dressing your salad with? Most commercial salad dressings are like the Emperor's new clothes—there's no there there. An olive-oil-and-vinegar dressing, also known as vinaigrette, requires just two self-explanatory ingredients. But bottled versions are really water-and-sugar dressings. Wishbone Bruschetta Italian Vinaigrette, for example, lists water as its first ingredient, followed by soybean oil and sugar. Less than 2 percent of the bottle is olive oil. Save money and pounds by making your own and keeping it on hand:

¼ cup raw apple cider vinegar

⅓ cup extra virgin olive oil

1½ teaspoons Dijon mustard
a drizzle of honey and some salt and pepper

Combine in a mason jar and shake until well-blended. One study among prediabetics found the addition of 2 tablespoons of apple cider vinegar to a high-carb meal reduced the subsequent rise in blood sugar by 34 percent.

#2 Trim Down Your Tacos

Homemade tacos are a fast, cheap, and universally popular way to answer the dinner bell. But there's an easy trick to making them even leaner. After browning the meat in the skillet—but before seasoning it—transfer it to a strainer and rinse it under hot water. Doing so helps wash away excess fat clinging to your dinner, which will help save you time on the treadmill—without altering the taste of your meal. It doesn't get much better than that!

#3 Swap Salt for Pepper

If you thought worrying about salt was just for people with high blood pressure, think again! A high-sodium diet can actually lead to weight gain, according to a study from the University of California. Researchers put two groups of people on high-calorie diets, but one group also ate a lot of salt. After just five days, the high-sodium group had gained an additional pound more than the low-sodium group. The researchers believe that consuming excess salt increases the body's pro-

duction of insulin, a hormone that converts sugar into fat. Luckily, the solution is a simple one: Cut the amount of salt you use to season a meal in half, and double your black pepper instead. The seasoning contains a powerful compound called piperine that may actually ward off the formation of new fat cells, which can help you lose body fat and lower your cholesterol levels.

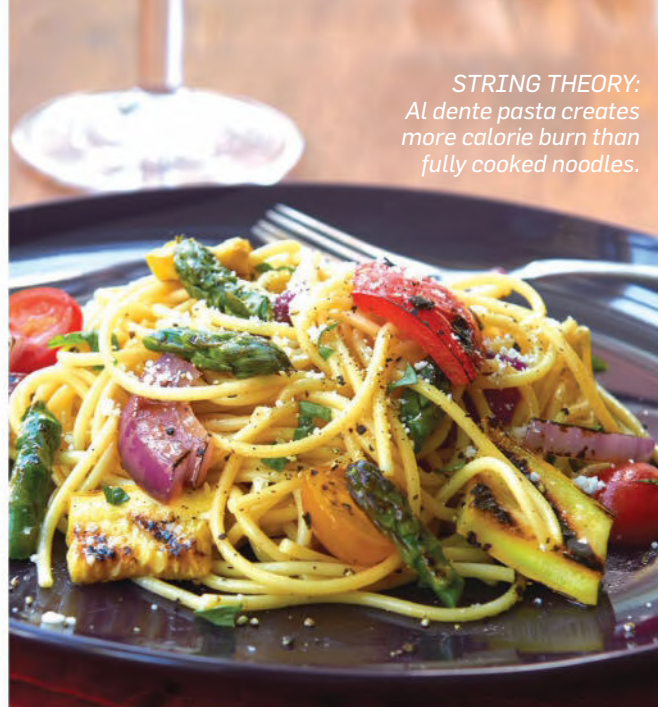
#4 Don't Score a B in Nutrition

If your kitchen counter is littered with vitamin bottles, you might be doing more to harm your belly than to help it. Increased levels of B vitamins have long been associated with a higher prevalence of obesity and diabetes. If you're

more comfortable taking a daily multivitamin, it's probably fine, but otherwise, look to get B vitamins from leafy greens and lean meats.

#5 Make Your Pasta Al Dente

Carb lovers, rejoice! Simply taking your pasta off the stove a few minutes early and enjoying the noodles al dente can keep you fuller longer, which can make saying no to dessert that much easier. How does it work? Hot water breaks down starch molecule bonds, which makes it easier for the body to convert carbs into blood sugar—not a good thing! That leads to a rapid absorption of calories and a subsequent crash, leaving you starving just a few hours later. Al dente pasta, on the other hand, keeps



STRING THEORY: Al dente pasta creates more calorie burn than fully cooked noodles.

glucose levels on an even keel, warding off diet-derailing dips in energy.

#6 Get Chunky

The smaller you chop your vegetables, the more surface area there is to absorb fat during the cooking process. (For this same reason, steak fries are always a healthier choice than French fries.) To cut back on grease, chop veggies at least a half inch thick, then pat them dry. This helps create a crust that blocks fat from being absorbed by the produce. To save even more calories, use an oil spray rather than pouring from the bottle.

any meal, but sneaking them into your main course can boost their health benefits even further.

According to Penn State researchers, those who consume main dishes that incorporate vegetables (such as stir-fries) consume 350 fewer calories daily than those who eat their produce as a side dish. The likely reason: Veggies bulk up main dishes and add belly-filling fiber, which help you feel satisfied and take in fewer calories. Add shredded or chopped carrots, peppers, mushrooms, or zucchini to burgers, casseroles, meat loaf, chili, rice, and pasta dishes to reap the benefits.



SLICK MOVE: Trim down your tacos with a quick fat-cutting trick.

#7 Get Greens on the Inside

Sure, a side of steamed broccoli or roasted Brussels sprouts is a low-cal, nutrient-rich addition to

#8 Boost Fiber While You Bake

Fiber-rich foods such as flax meal or chia seeds can slip effortlessly into almost any baked good

(try them in pancakes as well). Research shows that increasing dietary fiber up to 30 grams a day can help decrease visceral (belly) fat as effectively as following a standard diet. You can also swap in fiber-rich alternatives such as beans and unsweetened applesauce in place of oil or butter in your homemade desserts. If brownies are your go-to, blend 15 ounces of black beans and 1 cup of water together in a blender and then combine with a package of organic brownie mix (and the other ingredients the mix calls for). Bake in a greased baking dish for 25 minutes on 350 degrees F.

If you're a cookie and cake lover, substitute a cup of applesauce for every ¼ cup of butter or oil in your recipe and then bake according to the directions. This swap can nix up to 1,825 calories from your recipe!

#9 Go the Parfait Way

You can avoid mindlessly overeating by adding visual cues to your meals, according to a recent study. Researchers gave one set of students a bowl of yellow chips, while another group had their servings layered with red chips. Students who had segmented snacks ate 50 percent less than those with a uniform bowl. Try it at home with layered dips and parfaits.

#10 Clear the Decks

A recent study at Cornell University analyzed 200 kitchens and found that people who keep junk food such as soda and cookies on their counters weighed 13 to 22 pounds more than those who didn't.



HECK OF A JOB, BROWNIE!
Adding flax to your baked desserts can help you strip away belly fat.



100 Calories You'll Never Miss

Simple kitchen tricks that will strip away pounds, without sacrificing flavor

One hundred calories. That's the amount in a single slice of wheat bread, two tablespoons of mayo, or three measly Twizzlers. But it's all the calories you need to cut from your daily life to lose an extra seven pounds this year, according to a study in the *Lancet*. In fact, cutting just 10 extra calories a day will result in a 20-pound weight loss over 30 years, the study showed.

But we like bread, mayo, and, yes, even Twizzlers on occasion. And we'd miss those things if we gave them up. Still, there are plenty of ways to lose 100 calories or more from your daily routine, simple strategies that will cut out the junk in ways you'll hardly notice. Here are some simple tricks and tactics that can leave you looking slimmer—and you'll never even know what you missed.

SAVE 124 CALORIES Use Cast Iron

A well-seasoned cast-iron pan will allow you to cook with less oil, which means fewer calories. Where you might need two tablespoons of oil for a stainless steel pan, you'll need only one tablespoon of oil with cast iron pan, saving you 119 calories if you're using olive oil, 124 calories if you're using canola oil, and 117 calories if you're using coconut oil.

SAVE 100 CALORIES Tweak Your Beef

Four ounces of 70/30 ground beef has 375 calories, while 4 ounces of ground beef that's 93 percent lean has only 165. That saves more than 200 calories right there. But if you like the taste of a fattier burger, you can add some of fat back in by mixing in yogurt or even an egg and you'll still be saving yourself 100 calories.

SAVE **120** CALORIES

Drain with Paper Towels

Let oil-cooked foods rest on a paper towel after cooking. For every gram of fat soaked up by the paper towel, you'll save 9 calories. And yes, that means you can go ahead and dab your pizza with a paper towel to remove excess fat. It's estimated that you'll save 4.5 grams of fat per slice. Eat three slices, and that's 120 calories saved.

SAVE **114** CALORIES

Use Egg Whites to Bake

One large egg has 72 calories, but the egg white has only 17 calories. When you're baking, substitute two whites for every whole egg to strip away calories you won't miss. For example, if a recipe calls for three eggs (216 calories), use six egg whites and save yourself 114 calories.

SAVE **135** CALORIES

Cool Your Soup

Whether you make your own broth or buy it, cool your soups, broths, and gravies in the refrigerator overnight before you eat them. This way you can skim off the fat that solidifies on the top, cutting calories. (You can also store canned soup in the fridge to make this process even more convenient.) For every



*SOUPEr DUPEr:
He'll never know
you saved him
135 calories!*

tablespoon of fat you skim off, you save yourself 135 calories!

SAVE **194** CALORIES

Shrink the Sugar

When a recipe calls for a cup of sugar, use $\frac{3}{4}$ cup. This works for almost every recipe. You'll save 194 calories and you won't miss the sugar all.

SAVE **137** CALORIES

Drop the Menu

Amazingly, simply cooking at home saves you 137 calories a day, according to researchers at Johns Hopkins University. And people who cook at home

at least six times a week eat about 100 fewer calories at restaurants when they do eat out than those who don't cook at home as often.

SAVE **381** CALORIES

Replace Some Butter

You can replace butter (or margarine or oil) with apple butter or unsweetened applesauce when baking. But, seriously, there is no substitute for butter. So to do this without missing the buttery flavor, substitute applesauce for a quarter of the butter. If a recipe calls for a cup of butter,

use $\frac{3}{4}$ cup of butter and a $\frac{1}{4}$ cup of applesauce. One quarter cup of butter is 407 calories; $\frac{1}{4}$ cup of unsweetened applesauce is 26 calories. This simple swap will save you 381 calories, and your baked goods will still be buttery and delicious.

SAVE **542** CALORIES

Broil, Don't Panfry

A broiled 3-ounce sirloin steak is 139 calories. The same steak panfried is 681 calories. Please, do yourself a favor and broil your meats—Same great taste, hundreds of calories less.



Cook!



4 Simple Ways to Make Quinoa Awesome

Turn this bland, beige superfood into a tasty treat you'll be craving every night

Quinoa. Even Beyoncé doesn't manage her public image as brilliantly as this trendy superfood. But even those of us who love Queen Bey can get a little tired of the same song playing over and over again. And we're pretty tired of hearing about why we should eat quinoa, too.

But still, in a world of superfoods, quinoa stands alone. It's one of the very few plants that provide a complete source of protein—meaning your body can convert it directly into muscle. It's also high in the amino acid lysine, which helps you burn fat and maintain healthy skin. And a study in the journal *Food Chemistry* found quinoa has high levels of beta-ine, a chemical that revs your metabolism and shuts down the genes that encourage belly fat storage. Here's how to make the supergrain really sing.



As a Smoothie:

Toasty Maple Smoothie

- 2 Tbsp raw quinoa
- ½ avocado
- ½ cup plain yogurt
- 2 Tbsp maple syrup
- ½ cup frozen blueberries
- Rinse quinoa and transfer to a sauté pan on medium heat. Whisk the quinoa

around the pan until it starts popping and releases a nutty aroma and the grains turn brown. You can cover the pan so you don't lose too many as they pop!

- Put avocado, yogurt, maple syrup, and blueberries in blender and blend until smooth.
- Pour into serving glass and top with toasted quinoa.

The Rules of Quinoa Cookery

- 1 Always rinse quinoa before cooking to remove the bitter-tasting coating. Whisk it around in a cold-water bath until the soapy residue comes off the grain, then put quinoa in a sieve and rinse clean.
- 2 Use a 1:2 ratio of quinoa to liquid and simmer on low, covered, for 15 minutes.
- 3 To bring out a nuttier flavor, you can lightly toast the quinoa after rinsing, but before boiling, by whisking it around in a pan over medium heat until it starts to pop like corn.

As a Breakfast Cereal:

Quaker Quinoa

- 1 cup quinoa
- 2 cups organic apple juice
- ¼ cup finely chopped walnuts
- 1 cup organic berries
- dash cinnamon
- 3 fresh mint leaves, chopped

- In a medium saucepan over high heat, bring the quinoa and juice to a boil. Lower the heat to simmer, cover, and cook for 15 minutes or until the quinoa is translucent. Remove from the heat, still covered, and allow to rest for 2 minutes.
- Spoon into a serving bowl. Stir in the nuts, berries, cinnamon, and mint.

until gently browned and softened, about 10 to 12 minutes, depending on the thickness of the asparagus. Chop into bite-size pieces.

- In a large mixing bowl, combine the quinoa with the lentils, asparagus, and sun-dried tomatoes. Mix together the pesto and vinaigrette, then add it to the bowl of quinoa. Toss to combine.

As a Dessert:

Baked Apples stuffed with Quinoa

- 1 cup cooked quinoa
- 1 Tbsp maple syrup
- 2 Tbsp brown sugar
- 1 tsp of cinnamon
- ¼ tsp ground nutmeg
- 2 Tbsp butter
- 4 firm red apples (Fuji, Red Delicious, Gala)

- Preheat oven to 350° F.
- Combine quinoa, maple syrup, brown sugar, cinnamon, and nutmeg in a bowl.
- Halve apples from stem to bottom and scoop out the core and seeds. Fill apple halves with quinoa mixture, and top each with a ¼ table-spoon of butter. Place in baking dish and pour ¾ cup of boiling water in the bottom of baking dish. Cover tightly with foil and bake 45 minutes. Uncover apples, and bake 15 minutes until apples are soft and tops begin to crisp.
- Top with creme fraiche or vanilla ice cream.

As a Salad:

Keen-Whaaa? Salad

- 1 bunch asparagus, woody ends removed
- 1 Tbsp olive oil
- salt and pepper to taste
- 2 cups cooked quinoa
- 1 cup cooked green lentils
- ¼ cup chopped sun-dried tomatoes
- ¼ cup store-bought pesto
- 1 Tbsp apple cider vinaigrette
- Preheat the oven to 450° F.
- Drizzle the asparagus with olive oil and season with salt and pepper. Place in the oven and cook

The New Comfort Foods

21 of the best new supermarket treats for chasing away the winter blues

The bleak midwinter is upon us. The ground is gray, the trees are bare, and the sun is lying low on the horizon. Half the people you know are just getting over the flu, and the other half are just coming down with it. Is it any wonder that all you can think about is sun, sand, surf, and...meat loaf?

Or maybe it's some other traditional comfort food: chicken soup, mashed potatoes, or pancakes with syrup. Or it could be something completely outside the traditional comfort zone: sushi, kimchi, guacamole, or a tongue sandwich. In fact, in a recent study at the University of Buffalo (where they know something about cold and isolation), researchers found that we choose the foods that comfort us based not on the food itself, but on our relationship with the person we first remember preparing it. Whether it's Mom's goulash or Dad's beef chili or Grandma's haggis (assuming Grandma was from Scotland), the food is less important than the memories it evokes.

And it works: Studies show that foods we identify in our own lives as "comfort food" can help us cope with feelings of rejection or isolation. Problem is, comfort foods often take a long time to prepare (especially that haggis), and when we're feeling down, we want relief fast. So we surveyed the latest supermarket offerings, and discovered these convenient, easy-to-make, mood-boosting comfort foods.

Kashi Overnight Muesli

Wouldn't it be great if Mom came to your house while you were asleep, cooked you breakfast, and then left before she was struck by the urge to critique your parenting skills? Kashi is doing its best to create that experience, cashing in on the "overnight oats" trend with its new line of Overnight Muesli. Simply soak it in almond milk while you sleep, and it's ready by morning. Made with whole oats, rye, barley, chia seeds, and pumpkin seeds, this is a whole-grain festival in a cup.

240 calories
10g fat (1.5 g saturated)
65 mg sodium
8 g fiber
6 g sugar
8 g protein

Nate's Mediterranean Bites

Next time you feel awful, have a falafel. Portable and available in four flavors (kale, garlic pesto, Southwestern, and sweet potato), Nate's frozen snacks can be quickly heated in the oven or thawed and served at room temperature for a high-fiber treat.

285 calories
8 g fat (1 g saturated)
470 mg sodium
6 g fiber
5 g sugar
16 g protein

Grainful Steel Cut Sides

Bored with brown rice? Us too. That's why we were psyched by the arrival of Grainful's



collection of side dishes made from steel-cut oats and seasonings. It's the ultimate whole-grain accompaniment to your favorite chicken or meat dish.

190 calories
3 g fat (0 g saturated)
320 mg sodium
5 g fiber
9 g sugar
6 g protein

Dang Onion Chips

We fell in love with Dang's Coconut Chips when they first hit stores, and now the company is back with a healthy play on onion rings. The treats come in Sea Salt, Salt-n-Pepper, Chipotle Garlic and Applewood BBQ. Snack on them right out of the bag or use as a topping for salads or soups.

150 calories
8 g fat (3 g saturated),
90 mg sodium,
4 g fiber,
6 g sugar,
1 g protein

Duncan Hines Perfect Size Mini Cakes

The problem with Duncan Hines cakes isn't the sugary indulgence; it's that we can't resist hitting the fridge at midnight for a leftover slice. Now the company has empowered us with built-in portion control, with kits for cakes that serve two to four people. Thanks, Duncan Hines, for recognizing that we're mere pawns to your chocolate majesty.

340 calories
18 g fat (9 g saturated)
230 mg sodium
1 g fiber
33 g sugar
3 g protein

Cooksimple Cowboy Chili

Homemade chili is great on a cold winter afternoon, as long as you're willing to spend the whole day waiting for it to cook down. For cowboys who want to rustle up something faster, this chili can be ready in minutes with the addition of beef or turkey, or eaten

without the extra meat—you'll still get a hefty helping of protein, thanks to red and black beans and quinoa.

140 calories
1.5 g fat (0 g saturated)
300 mg sodium
6 g fiber
5 g sugar
7 g protein

Bob's Red Mill Gluten-Free Oatmeal Cups

Most instant oatmeals are packed with sugar and creepy additives. Bob's Red Mill now offers an all-natural product that's light on sugar, with oats, apple pieces, and cinnamon, plus the added nutritional boost of flax and chia seeds.

270 calories
5 g fat (1 g saturated)
310 mg sodium
8 g fiber
13 g sugar
7 g protein

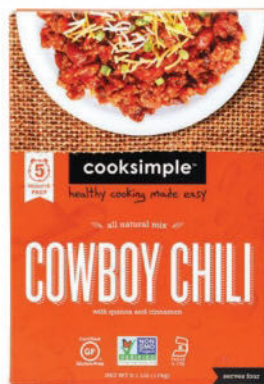
Campbell's Southwest Style Chicken Broth & Noodle Soup Mix

Now you can seek solace from a crappy day at work without even having to leave the office. Campbell's has partnered with Keurig to create K-Cups of the ultimate comfort food, chicken soup. You empty the soup mix into your cup, then heat the broth in your office coffee machine. Chasing away a cold while slaving away at the office just got easier.

70 calories
1 g fat (0.5 g saturated)
750 mg sodium
0 g fiber
2 g sugar
4 g protein

McCormick Slow Cooker Sauce

Now it's easier than ever to have a hot meal waiting on the table when you get home—even if nobody's been home to cook it.



McCormick has made perfectly flavored slow-cooker meals simple with recipes such as BBQ Pulled Pork, Pot Roast, Hearty Beef Stew, and more, so you don't need a special family recipe to create a special family meal.

10 calories
0 g fat
440 mg sodium
0 g fiber
0 g sugar
0 g protein

Enjoy Life Brownie Mix

Wheat-free, dairy-free, nut-free, soy-free: How exactly did Enjoy Life manage this? Yet the brand has created a brownie mix that tastes just like the ones you used to bake with Mom. The secret is brown rice flour and teff. This is no health food: The first ingredient is sugar. But if you're looking to indulge while cutting down on dairy and gluten, this is a great low-cal option.

110 calories
2 g fat (1 g saturated)
100 mg sodium
2 g fiber
14 g sugar
5 g protein

Pereg Couscous with Cranberries

When you're craving the comfort of carbs but would love to actually pack in some real nutrition at the same time, check out the new offering from Pereg. This side dish will cozy up to your mains and deliver an antioxidant boost from cranberries, almonds, and currants.

210 calories
4.5 g fat (0 g saturated)
10 mg sodium
6 g fiber
12 g sugar
6 g protein

Trader Joe's Uncured Bacon Ganache Bar

A chocolate bar laced with bacon that earns the mantle of "health food"? Almost: This is a 70% cacao dark-chocolate treat studded with uncured bacon (meaning no harmful added nitrates) and alderwood-smoked salt, then coated in

chocolate ganache. There are worse ways to make your taste buds explode.

220 calories
12 g fat (8 g saturated)
65 mg sodium
3 g fiber
14 g sugar
2 g protein

Ancient Harvest Gluten Free Lentil & Quinoa Supergrain Pasta

Most gluten-free "quinoa" pasta uses corn or rice to round out the texture, but Ancient Harvest powers up its product with green lentil flour. The result is a ridiculously powerful low-carb pasta that packs seven times as much fiber and 14 times as much protein as sugar.

200 calories
1 g fat (0 g saturated)
0 mg sodium
7 g fiber
1 g sugar
14 g protein

Splendid Spoon Pumpkin-Pear Hempseed

To warm your belly on the inside while you melt away the outside, this addition to Splendid Spoon's soup cleanse uses hempseeds to add texture and protein without fat or calories. The bright orange color will bring a little sunshine to your dreary mid-winter meal.

70 calories
1.5 g fat (0 g saturated)
170 mg sodium
2 g fiber
6 g sugar
2 g protein

Follow Your Heart Parmesan "Cheese"

Available in grated, shredded, or wedge, this faux cheese gives vegans the honest Italian flavor they've been missing all these years. Soft cheeses have been easy to come by in this category, but



this is a promising foray into hard cheese substitutes.

15 calories
1 g fat (0 g saturated)
50 mg sodium
0 g fiber
0 g sugar
0 g protein

Healthy Choice Grilled Chicken & Broccoli Alfredo

Creamy alfredo is traditionally the fattiest of pasta dishes, but Healthy Choice has a line on a convenience-food version that keeps the fat down and the flavor up, and delivers a belly-melting 27 grams of protein for fewer than 200 calories.

190 calories
6 g fat (2.5 g saturated)
600 mg sodium
4 g fiber
2 g sugar
27 g protein

Alexia Crispy Rosemary Fries with Sea Salt

Prefried in canola oil, Alexia's latest offering delivers heart-healthy monounsaturated fats in French-fry form that

looks and tastes just like the sides at your favorite gourmet burger place, but with far fewer calories and far less sodium. It's just the latest in a great line of side dishes.

120 calories
4 g fat (0.5 g saturated)
360 mg sodium
2 g fiber
>1 g sugar
1 g protein

Fiber One Instant Pudding

How did Fiber One pack 24 percent of your daily fiber requirement into a pudding? We're not sure, but at just 40 calories per serving, these desserts are less of an indulgence and more like a nutritional supplement.

40 calories
0 g fat
180 mg sodium
6 g fiber
0 g sugar
3 g protein

Chobani Pumpkin Harvest Crisp Flip

This yogurt delivers 12 grams of protein per serving and a flavor that could pass for pumpkin pie, thanks to the sneaky inclusion of pie-crust pieces and glazed pumpkin seeds.

210 calories
8 g fat (3 g saturated)
100 mg sodium
0 g fiber
17 g sugar
12 g protein

Sargento Balanced Breaks

Several years back, Starbucks discovered it could charge massive sums for a simple box of cheese, fruit, and nuts. Now you can get the same on-the-go protein punch from the more affordable Sargento Balanced Breaks. The portable packets come in a variety of cheddars with a selection of nuts and fruits such as cashews, almonds, raisins, and cranberries.

190 calories
13 g fat (4.5 g saturated)
180 mg sodium
2 g fiber
7 g sugar
7 g protein

Van's Foods Creamy Herb & Garlic Pasta

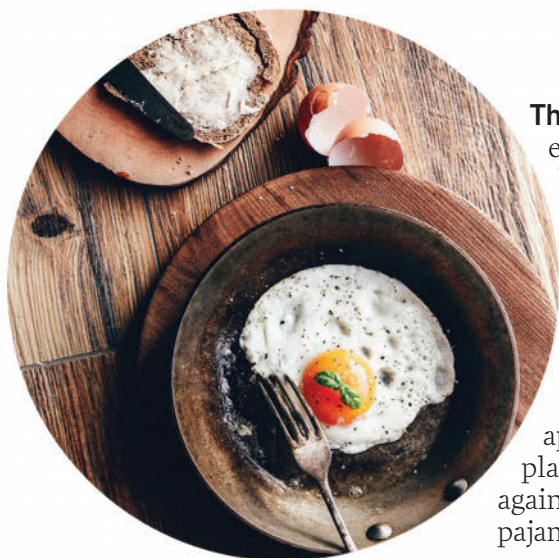
Gluten-free pasta can be a little hard to cook—the difference between too hard and too limp sometimes seems like mere seconds. To help you keep your eye on the ball, Van's eliminates the need to make a sauce at the same time by offering a variety of prepackaged flavors, and puts dinner on the table in just 10 minutes. We love how the red lentil flour gives this pasta a hefty dose of protein.

250 calories
3 g fat (1 g saturated)
460 mg sodium
3 g fiber
2 g sugar
11 g protein



Country Breakfast Breakdown

Fuel yourself and your family for a big day in the snow with the ultimate healthy morning meal



The notion of a “country breakfast”

evokes farm tables laden with biscuits and syrup and stacks of sausages and bacon filling the air with the scent of salty, smoky goodness while the family, still in their flannel pjs, gathers around for a leisurely cup of coffee.

But it also evokes a less appealing image—of greasy plates and giant bellies straining against the drawstrings of those pajamas. So how can you build a

stick-to-your-ribs breakfast fit for a lumberjack, without setting the whole family up to feel like the losers in a log-rolling contest? We threw back an extra cup of joe and hit the stores early to pull the leanest, healthiest swaps so you can build a healthy breakfast worth lingering over. Combine these foods with a helping of scrambled eggs for a monster breakfast that will cost you less than half the calories you’d consume down at Mel’s Diner.

1. Instead of Conventional Hash Browns...



Mr. Dell’s All Natural Shredded Hash Browns

60 calories
0 g fat
0 mg sodium
12 g carbs
1 g fiber
0 g sugar
2 g protein

Would you rather spend an extra 45 minutes sleeping or wake up and start shredding potatoes? We know which option

we’d go with. Though opting for a packaged variety is a time-saving move, not just any package of potatoes will do when it comes to weight loss and better health. A number of popular brands in the supermarket are laden with artificial dyes and palm oil, which increases inflammation and obesity risk. Our advice: Stick with Mr. Dell’s straightforward hash browns. They’re made solely of potatoes, the perfect canvas for all of your favorite herbs, spices and add-ins.

2. Instead of Biscuits...



Thomas’ Light Multi-Grain English Muffins

110 calories
1 g fat (0 saturated)
160 mg sodium
8 g fiber
1 g sugar
5 g protein

Making biscuits from scratch can take forever, and the majority of packaged varieties are still made with trans fats, a synthetic shortening that extends the life of baked goods but has

the opposite effect on the life of your ticker. Each of Mary B’s Buttermilk Biscuits carries 3 grams per biscuit (the American Heart Association recommends no more than 2 grams per person per day!). Subbing in Thomas’ “nooks and crannies” will not only save you from the dangers of trans fats, but will also spare you about 90 calories. Smear some butter and mashed blackberries on those babies to amp up the flavor and add a hit of sweetness, without the heart-stopping fat.

INTO THE WOODS:
Set your morning
metabolism ablaze
with this countrified
breakfast plan.



3. Instead of Homemade Waffles...



Nature's Path Ancient Grains Frozen Waffles

180 calories
6 g fat (1 g saturated)
330 mg sodium
5 g fiber
2 g sugar
4 g protein

As a rule, waffles are lower in sugar than pancakes. Even so, just one 7-inch homemade waffle made with traditional

ingredients such as eggs, flour, milk, oil, sugar, and vanilla, has about 220 calories and a quarter of the day's fat. Save calories and time in front of the stove by digging into these store-bought waffles instead. They pack 30 grams of whole grains per serving and are made with superfood ingredients such as quinoa, millet, and amaranth, a gluten-free fiber-packed super grain. To take these store-bought waffles to the next level, serve them with a spread

of healthy toppings such as antioxidant-rich berries, natural peanut butter and slices of banana, or a mixture of sliced and butter-sautéed apples, cinnamon, and chopped pecans.

4. Instead of Smoked Sausage...



Applegate Naturals Natural Classic Pork Breakfast Sausage

170 calories
14 g fat (5 g saturated)

390 mg sodium
0 g fiber
0 g sugar
10 g protein

Made with humanely raised animals and minimal ingredients, Applegate's links deliver a solid protein-to-fat ratio. Conventional smoked sausages carry more fat, less protein, and some scary ingredients: monosodium glutamate (MSG) and sodium nitrite, a color fixer added to meat to make it look fresh.



5. Instead of Grits...



Eat This!

Evoke Gluten-Free Muesli Morning Zen, cup

160 calories
5 g fat (0 saturated)
0 mg sodium
5 g fiber
5 g sugar
6 g protein

Grits, comprised of white rice, butter, salt and milk, are the nutritional equivalent of the Arabian peninsula: a harsh wasteland floating in oil. Evoke's low-cal, high-protein Muesli, on the other hand, is built with fiber-rich oats,

vitamin-packed raisins and cranberries, fat-incinerating almonds and pumpkin seeds, and omega-3-rich flax.

6. Instead of Your Go-To Muffin...



VitaTops Wild Blueberry

120 calories
2 g fat (0 g saturated)
170 mg sodium
8 g fiber
5 g sugar
5 g protein

On average, large commercially prepared

muffins have 521 calories and 22 grams of waist-widening fat—and home-made varieties don't fare much better. Ironically, if you want to avoid getting a muffin top, switching to Vita-Tops Wild Blueberry Muffin Tops is your best bet.

7. Instead of Conventional Syrups...



Maple Grove Dark Amber Maple Syrup

100 calories
0 g fat

2.5 mg sodium
0 g fiber
26.5 g sugar
0 g protein

Famous syrup brands like Aunt Jemima and Mrs. Butterworth are made with two ingredients we're constantly telling readers to avoid: high fructose corn syrup and caramel coloring. The best syrup for your waistline is a Grade A Medium Amber pure maple syrup like the Maple Grove variety shown here. Since the flavor is so concentrated, a little goes a long way, saving you calories and sugar.

Counter Intelligence

We decoded the most common claims in the meat aisle, so you'll know exactly what you're cooking for dinner

Life used to be a lot simpler. And so, too, was eating meat.

Back when our grandparents were young—back before “carbon footprints”; before 1,097 channels of basic cable seemed quaint and old-fashioned; before librarians, accountants, and middle-age checkout clerks sported “edgy” tattoos on their backsides—grilling a hamburger was a pretty simple task. You went to the meat counter, bought some ground chuck, brought it home, and threw it on the grill. Just add ketchup.

Nowadays, however, it seems like just making ourselves burgers involves tense negotiation among scientific, ethical, and nutritional philosophies. Do we get the 95 percent lean, or the 85 percent lean? Is it grass fed, free range, and organic, or was this cow raised in the livestock equivalent of Alcatraz? (And exactly how many cows went into making that burger in the first place?) And should we make a turkey burger, or maybe a bison burger, or even a veggie burger instead?

All that confusion is too bad, because meat is perhaps our best source

of protein, the nutrient essential for building healthy bones and muscle, providing the body with long-burning energy. Protein is made of amino acids, which can be split into two types: essential and nonessential. A lot of foods, from broccoli and pasta to potatoes, include some of these amino acids. But the best forms of protein include all nine essential amino acids that your body can't produce naturally, compounds it needs to maintain muscles and

battle fat. Beef, pork, and poultry—as well as seafood, dairy, eggs, nuts, quinoa, and oats—are the best sources.

But too much of the wrong kinds of meat can wreak havoc on our bellies, our blood pressures, and our poor, hardworking arteries. Processed meats in particular—stuff like ham, sausage, pepperoni, and other things that you might apply to the top of a pizza or the interior of a hero—are usually packed with more lard than an appro-

priations bill. So knowing what you're buying—and making sure you get your money's worth—is important. Here are some of the most important—and commonly abused—terms in the industry.

Chicken

THE CLAIM: “Air chilled”

THE TRUTH: Standard practice for chicken processing includes dunking the birds in a frigid bath to keep bacteria at a



minimum. Air chilling skips the cold-water treatment in favor of placing chickens in cooling chambers. Manufacturers have proclaimed its cleansing superiority, but some studies do not support the theory. Both air chilling and immersion are comparable at reducing bacteria before packaging. Flavor, however, may indeed be superior, as the slow chilling can yield a more tender, less water-saturated chicken.

THE CLAIM:
“Raised without antibiotics”

THE TRUTH: Unlike the beef industry, big chicken producers have begun to curtail the use of antibiotics in recent years, addressing concerns that

bacteria dangerous to humans could be developing drug resistance. Still, Tyson, Perdue, and others have been unable to wean their birds entirely off antibiotics, so this claim is worth something. A couple extra bucks a pound? That’s for you to decide.

THE CLAIM:
“No retained water”

THE TRUTH: When immersed in their cold-water baths after slaughter, poultry can absorb up to 8 percent of their body weight, diluting taste and nutrition. On top of added water, conventional poultry can be “enhanced” with salt. The USDA has ignored petitions to consider salt a food additive; in turn, some manufacturers have jacked

up the sodium content of their chickens.

THE CLAIM:
“Organic”

THE TRUTH: The organic chicken industry has grown wildly in recent years. Big Agriculture has seen the potential profit boon of charging an average of 100 percent more for organic chickens, and they have secured the coveted (and often pricey) USDA stamp for what some activists argue are less-than-reputable practices. Look for two certification stamps—the Secretary of Agriculture seal and the USDA Organic seal—confirming that the animals were fed organic feed and had access to pasture. (The chicken on the previous page was conventionally raised.)

THE CLAIM:
“Free range”

THE TRUTH: If the claim conjures images of healthy birds roaming freely about rolling hills, feasting on nature’s delicacies, think again. Technically, free-range chickens must have access to the outdoors for at least 51 percent of their lives, but the USDA, which approves each manufacturer’s “free range” claim on a case-by-case basis, does not strictly define “outdoors.” The term could mean anything from idyllic open acreage to a puny pen. Guess which is true for the majority of free-range chickens available in supermarkets?

Beef

THE CLAIM:
“No antibiotics administered”

THE TRUTH: Crowded feedlots are breeding grounds for bacteria, illness, and disease, which is one reason why most beef cattle are pumped full of antibiotics. The other reason: corn. Cows’ stomachs are designed to digest grass, but with cheap, subsidized corn in high supply, most cows in this country live on a diet consisting of 75 percent corn, 10 percent roughage, and 15 percent animal by-products. To fight off the ulcers, heartburn, and potentially fatal liver abscesses caused by this diet, the beef industry turns to antibiotics. It’s bad not only for the cow, but also



for you: Corn-fed beef is nearly twice as fatty as grass-fed beef and has lower concentrations of omega-3 fatty acids. So beef that's been raised without antibiotics is beef that's healthier on your plate.

THE CLAIM:
"No growth stimulants or added hormones"

The Truth: A good thing, to be sure, and decidedly rare in the world of industrial beef. About two-thirds of cows in the United States are treated with growth hormones to speed growth and ultimately maximize profit. While the USDA has deemed growth hormones safe for cattle and the humans who consume them, the European Union (EU) isn't quite so sure. Over the years, researchers have raised concern over possible links between growth hormones and issues like early puberty in girls, lower sperm count in men, and breast cancer, but the jury is still out on the final effects. The EU prohibits the use of growth hormones in the raising of cattle and has banned hormone-injected beef since 1988.

THE CLAIM:
**"All natural*
 *Minimally processed.
 Contains no artificial ingredients"**

THE TRUTH: You'll see the word "natural" all over meat packaging, both beef and poultry. The meat industry became very fond of the term

The Healthiest Meat in the Market

Not all meat was created equal. From the lean, mean bison sirloin to a heavily marbled dry-aged rib eye, the protein spectrum is populated by a vast array of characters that vary greatly in considerations both culinary and nutritional. To simplify matters a bit, we've put every major cut of beef, pork, poultry, and alternative meats through a rigorous equation to assess its core nutritional value. The criteria? We started with protein-to-fat ratio; because all the calories in your steak or your chicken breast will come from one or the other, you want to choose cuts based on as high a protein-to-fat ratio as possible. Next, we considered the density of 10 essential nutrients commonly found in proteins, from vitamins B⁶ and B¹² to zinc. We rounded out the equation by factoring in saturated fat concentrations and cholesterol levels. The result is a chart that lets you compare chicken breast with duck leg, porterhouse with pork chops, and ultimately allows you to indulge your carnivorous side with a little more strategy.

MEAT.....SCORE	MEAT.....SCORE	MEAT.....SCORE
CHICKEN	BEEF	PORK
Light meat.....7.38	Kidney.....6.79	Tenderloin.....6.90
Dark meat.....5.99	Liver.....6.22	Top loin/loin chops...5.92
Giblets.....5.97	Heart.....5.82	Center loin/ center rib.....5.39
	Round.....4.91	Sirloin.....5.13
TURKEY	Flank.....4.73	Ribs.....4.72
Light meat.....7.34	Top loin.....4.25	Spareribs.....4.09
Dark meat.....5.55	Grass fed, ground...4.13	Blade chops/roast...4.02
Ground.....4.71	T-bone.....3.92	Ham, whole.....3.24
	Top sirloin.....3.90	Bacon (cured).....3.03
OSTRICH	Ground 90% lean...3.87	
Top loin.....7.09	Tongue.....3.77	DUCK
Ground.....5.64	Porterhouse.....3.75	Domesticated.....5.22
	Brisket, whole.....3.71	
BISON	Rib eye, small end...3.60	LAMB
Top sirloin.....6.75	Tenderloin.....3.45	Sirloin chops,
Grass fed, ground...4.63	Ground 80% lean...3.38	Australian.....4.95
	Rib roast, whole...3.20	Ground.....3.1

"natural" with the rising popularity of organic foods. Producers of non-organic foods worried that consumers would assume that conventional meat would translate into "chemical ridden," which spurred almost all meat manufacturers to emblazon their products with the phrase "all natural." It's easy enough, since the USDA doesn't carefully regulate the term—making it

all but meaningless to the consumer.

THE CLAIM:
"USDA choice beef"

THE TRUTH: Not all steaks taste the same. The USDA grades beef based on marbling and the age of the animal, which affect the quality of your sizzling steak. The higher the degree of marbling—which is to say, the fattier—the

more tender and flavorful (and caloric) the meat. You'll probably never see a lower grade than Select at the supermarket, which is leaner than Prime and Choice grades, respectively the highest and second-highest grades. Pricy Prime is a rare supermarket find, too, considering just 2 percent of all beef is graded Prime and most of that goes to restaurants.

The Flat-Belly Restaurant Survival Guide

Whether you're eating out or ordering in, these simple rules will keep your diet on track

The next time a waitress hands you a restaurant menu, she might as well be handing you a contract that says, "I give total control of my body to Olive Garden/Red Robin/Woody's Sports Bar/Al's Greasorama." Because once you decide to trust a food service

establishment to determine what goes into your body, you've ceded control. And that's not good.

That's because what restaurants want to send you home with at the end of the meal is a belly that feels full and satisfied—but they want to do it as cheaply as

possible. And real food costs money. So the more cheap-but-filling stuff they can stick in there—refined carbs, blended oils, and salt—the heftier their bottom line grows. And the heftier our bottoms grow. To help you avoid the worst restaurant pitfalls and get back on the path to health, we've created this simple cheat sheet that will help you navigate some of the most popular types of restaurants in the country.

AT THE BURGER JOINT

No food has taken more hits to its once-healthy reputation than the hamburger. Made at home on the grill or grill pan, a burger, bun included, shouldn't cost

Worst Burger Joint Burger: SONIC



Not That!

SuperSonic Double Cheeseburger with Mayo

1,240 calories
76 g fat (32g saturated, 3.5 g trans)
1,580 mg sodium



Ridiculous on every level. But having nearly two days' worth of trans fats each makes most SuperSonic burgers off-limits.



Eat This Instead!

Jr. Chili Cheeseburger

410 calories
24 g fat (9 g saturated, 0.5 g trans)
730 mg sodium



The beans from the chili add a little extra folate and fiber and helps this meal hit 20 grams of protein. While it's still got trans fats, it's a mere 1/7th of what you'll find in some of Sonic's offerings.

you more than 400 calories, and makes a great, protein-packed lunch or dinner.

But most restaurants treat burgers like Thanksgiving Day floats—inflating them, smothering them with excess, and parading them around to be gawked at. (In the 1950s, the standard burger was one-third the size it is today, according to the CDC.) The result: Steak 'N Shake's 7x7 Steakburger, a late-night extravaganza of seven patties and seven slices of American cheese with 4,490 milligrams of sodium (as much as you'd find in 12 servings of Pop Secret Homestyle popcorn). To enjoy a burger without a hit to your buns, keep these tips in mind:

WATCH THE SODIUM. It's not easy keeping your sodium at the recommended 2,300 milligrams per day, especially when places like Chili's don't sell a single burger for less than 3,200 milligrams. Yet a recent study in England found

that for every additional 1,000 milligrams a day that you eat, your risk of obesity increases by 25 percent. While you might think that fat is the problem with fancy burgers, it's actually salt: Bacon and cheese both add sodium.

GO FAST FOOD—AND KEEP IT SIMPLE. In most cases, Burger King, McDonald's, and their ilk will offer healthier burgers than do sit-down chains. But many fast-food joints are chasing the "gourmet" burgers of places like Applebee's, which is how Burger King's 290-calorie Bacon Cheeseburger morphs into the 810-calorie A.1. Ultimate Bacon Cheeseburger.

KETCHUP TO NUTRITION. Tomatoes are rich in a nutrient called lycopene (a known cancer fighter that appears in red fruits and vegetables), which is why the red stuff is a valuable add-on. At home, choose organic, low-

sugar brands like Trader Joe's or Green Way.

SPLIT THE FRIES. It's hard to resist them, so either order a small or kid's size version, or split an adult-size portion with your partner.

AT THE ITALIAN RESTAURANT

Italian restaurants are the saving grace of nutritionally dysfunctional families. Meat lovers can get their meatballs, vegetarians can enjoy their eggplant parmigiana, the kids can slurp buttered pasta and not make too many faces at the table. And with its olive oils and salads and fish, Italian food offers the healthy eater plenty of easy options. Unless...

Unless you've fallen into the clutches of some of America's "Italian" chain restaurants, where once-unassailable Mediterranean

Worst Italian Meal: ROMANO'S MACARONI GRILL



Not That!

Mama's Trio

2,040 calories
127 g fat (53 g saturated)
4,160 mg sodium
20 g sugar



The saturated fat content of the Three Tenors. A combo of Parmesan, lasagna, Bolognese and cannelloni, it's cheese on meat and meat on cheese wrapped in a noodle coffin.



Eat This Instead!

Spaghetti Verdi

640 calories
36 g fat (9 g saturated)
590 mg sodium



A new arrival on the lunch menu, this sensible dish keeps the sodium and calories low so you'll avoid the 3 pm slumber party most carb-heavy meals can cause.

cuisine has undergone a fat infusion, rendering it unrecognizable to Italian grandmothers the world over. Take, for example, Olive Garden's Lasagna Fritta, an appetizer that sounds like it was dreamed up during a bong binge by those guys on *Workaholics*: "Dude, imagine if you took hunks of lasagna, dipped them in batter, and threw them in a deep fryer." It's an easy way to start your meal with more than half a day's worth of calories and 1,650 milligrams of sodium—before your entrée even arrives. To keep yourself from getting entangled in an evil web of Frankenpasta, use these tips at your favorite Italian spot.

ENJOY YOUR NOODLES.

Researchers at MIT found that cutting out carbs like pasta reduces levels of the happiness hormone serotonin, a chemical that also regulates appetite. So go ahead and use your noodle, but be careful how you use it.

DO NO HARM WITH PARM.

American restaurants use "parmigiana" as a catchall for anything they've buried in oil and cheese. If you like eggplant or chicken with sauce and cheese, do this: Ask for the base served grilled, then get a side of marinara sauce and some grated Parmesan. You'll get the same effect, without all the worrisome grease.

GO WHOLE GRAIN. Many restaurants will now substitute whole-grain pasta; at home, make it your regular go-to for an extra hit of fiber and magnesium. A 2008 Italian study found that whole-wheat pasta, with its low glycemic index and high fiber content, could protect against diabetes.

MAKE A PESTO OF YOURSELF.

Sadly, most Italian restaurants pack their marinara sauce with sugar—something Mama Leoni would have never done. You can badger the waiter about it, or you

can opt for pesto, with its healthy combination of olive oil, pine nuts, herbs, and Parmesan cheese.

BRUSH OFF THE BRUSCHETTA.

The Italian version of chips and salsa, bruschetta is fine for a starter, as long as you're sharing. An order will come toddling in with 600 calories or more.

MAKE GELATO YOUR MOTTO.

If ice cream is in your immediate future, opt for the Italian version. Gelato is made with milk instead of heavy cream, making it lighter than much of what you'll get in the freezer section.

AT THE SANDWICH SHOP

While breakfast and dinner can be fixed and eaten at home, for most of us, lunch is whatever's available from the nearest takeout place within walking distance of the

Worst Sandwich Shop Sandwich: PANERA BREAD



Not That!

Sierra Turkey Sandwich on Asiago Cheese Focaccia

740 calories
27 g fat
(7 g saturated, 1.5 g trans)
1,940 mg sodium



A celebration of belly-bloating sodium.



Eat This Instead!

Roasted Turkey & Avocado BLT on Sourdough (half) and Caesar Salad with Caesar Dressing (half)



A half sandwich with a half salad lets you control your carb and sodium intake.

office. And sandwich shops are the obvious solutions to our lunchtime conundrums.

But while every sandwich starts with the blank canvas of two slices of bread, it takes only a few ill-advised additions to steer your lunch from nutritional masterpiece to paint-by-numbers catastrophe. Here's what to think about when you're ordering a sandwich:

UNWRAP IT. Because they're thin, we think of wraps as healthier than bread. But because they're often made pliable with fat, many wraps can pack 300 calories before you even fill them, and many are loaded with trans fats.

ERR ON THE COLD SIDE. Thanks to sauces, melted cheese and lots of greasy meat, hot sandwiches are usually higher in fat and calories than cold sandwiches. Meatball subs and pulled pork are among the fattiest sandwiches out there.

BEWARE THE CURED MEATS.

Focus on fresh chicken, turkey, and roast beef, and avoid processed meats like salami, pepperoni, and bologna, which are packed with nitrates and sodium. One exception: A BLT is usually a solid go-to because it gives you a decent hit of protein and some fiber and vitamins from the produce.

STRIKE OUT THE BATTER.

If the meat in your sandwich is battered and fried, you can count on it costing you calories and fat—often trans fats. Look for grilled sandwiches instead.

AT THE CHINESE RESTAURANT

Ever since Italy co-opted their noodle invention, slapped some meatballs on top, and stole all the pasta glory, China has been drawing the short chopstick. But it wasn't until Chinese food

immigrated to America that something truly horrible happened: China's naturally healthy, high-nutrient, flavorful cuisine got loaded up with so much fat, sugar, and monosodium glutamate that we even had to come up with a name for the crappy way you feel sometimes after eating it: Chinese Restaurant Syndrome.

And the rise of the all-you-can-eat Chinese buffet has only made things worse. A study by the USDA Human Nutrition Research Center on Aging found the concoctions served up at Chinese restaurants average more than 1,400 calories. That's nearly the amount of calories an adult woman should eat in a day, and doesn't even include dessert.

And that's too bad, because Chinese food is loaded with vegetables, protein, and fiber. You just need to know how to eat around the pitfalls so your fortune cookie doesn't read "For God's sake, don't eat this cookie!"

Worst Chinese Restaurant Appetizer: P.F. CHANG'S



Not That!

Orange Ginger Edamame

440 calories
19 g fat (3 g saturated)
4,260 mg sodium



Eat This Instead!

Jicama Lobster Tacos

400 calories
35 g fat (11 saturated)
750 mg sodium



You don't need extra soy in your diet, but you really don't need this: While edamame is notoriously doused with sea salt, the orange ginger salt used for this dish has more than double the sodium count of the regular edamame.

This small plate is a nice dose of protein (12 g) to start your meal.

DROP THE EGG DROP. The calories tend to be low, but the sodium levels in egg drop soups tend to vary from high to horrific, with some topping 7,000 milligrams per serving. Wonton soups tend to be far lower in belly-bloating sodium with only a few more calories.

DON'T DUCK THE DUCK. We tend to think of duck as very fatty, but in authentic Chinese cooking, the recipe for Peking duck requires the chef to rend most of the fat from the bird, leaving it with a nutritional profile that's closer to turkey.

AVOID THE MEIN LINE. Noodle dishes like lo mein and chow mein are cooked in the wok right alongside the meat and vegetables. That's bad, because to keep the noodles from sticking, the chef needs to pour in plenty of oil. A full order will typically top 1,000 calories. The same holds true for fried rice; look for dishes where the carbs are separate.

AT THE MEXICAN RESTAURANT

You've heard of Montezuma's revenge? It originally referred to stomach problems that people got while traveling in Mexico, supposedly the price that Old World types paid for Cortez's defeat of the Aztecs. But Montezuma, wise-guy warrior, might have had bigger ideas: specifically, letting healthy bean, rice, and vegetable-based Mexican cuisine get all screwed up by American restaurants.

Most Mexican food today is really just a bastardization of a once-nutritious diet, loaded up with cheese and meat and tossed into a deep fryer. The result: Every time you buy a bigger belt, an ancient Aztec laughs. Here's how to beat the Mexican standoff.

GO FOR THE TACO. When eating at a Mexican restaurant, you're usually better off ordering a taco rather than a burrito. Most burritos

hover around the 1,000 calorie mark, but you can find plenty of tacos out there for 300 calories.

GUAC, SI; SOUR CREAM, NO.

Guacamole is loaded with calories, but they come from heart-healthy monounsaturated fats, which will help flatten your belly.

THAT'S NOT-CHO APPETIZER!

Nachos are some of the highest-calorie foods on every menu out there. Eat with caution—and about three of your friends.

LET GO OF THE TORTILLA.

Remember, if you're eating chips or nachos beforehand, you're already eating plenty of tortilla. So consider ordering a grilled steak or fish entrée that doesn't come wrapped in yet more carbs.

PLAY THE MAGICAL FRUIT.

Eating more beans can help you lose more belly fat, according to research in the *Journal of the American College of Nutrition*.

Worst Mexican Meal: ON THE BORDER



Not That!

Dos XX Fish Tacos (3)

2,030 calories
134 g fat (27 g saturated)
3,830 mg sodium



"I don't always eat fish tacos, but when I do, I don't make it Dos XX."



Eat This Instead!

Seasoned Ground Beef Enchiladas (2) with Chile Con Carne

500 calories
28g fat (12 g saturated)
1,220 mg sodium



A solid protein option with a hit of fiber too.



STARTERS / *Energize*

7 Perfect Metabolism Foods

Melt flab and feel great with these fat-burning superfoods that will recharge your batteries in no time



Wouldn't it be great if your metabolism had an ON button, one you could crank up any time you wanted to burn more fat, find more focus, or add some juice to your energy levels?

Well, it does. It's called your thyroid. And how well this little gland functions can determine whether you're a high-energy fat-burning machine, or a couch-surfing bundle of blah.

The metabolism master control is an unassuming butterfly-shaped gland in your neck that secretes all-important hormones that control major bodily functions, including how you digest food and use energy. When your thyroid slows down, everything slows down;

that means fatigue, weight gain, and even trouble thinking quickly and clearly. Many things can put you at risk for a sluggish thyroid, some of which are out of your control, like family history. If you suspect your fatigue levels and weight gain aren't quite normal, discuss it with your doctor. But in the meantime, you can max out your metabolism by feeding your thyroid the foods it needs to stay in peak condition.

Maximum Metabolism Food #1: YOGURT

Yogurt is naturally rich in vitamin D, and not getting enough of the nutrient puts you at a higher risk of obesity and thyroid diseases, research suggests. More than 90 percent of people with Hashimoto's, an autoimmune disease that's the most common cause of hypothyroidism, are deficient in D, according to one study published in the *International Journal of Health Sciences*. Researchers say the sunshine vitamin's immunity-boosting and anti-inflammatory properties protect the thyroid from damage. In addition to vitamin D, yogurt is also rich in probiotics that research suggests may help balance good bacteria in the gut that can be thrown off by thyroid disturbances, leading to fatigue, inflammation, and weight gain.

Maximum Metabolism Food #2: SUSHI ROLLS

Iodine is to your thyroid what a bassline is to a funk song: without it, there's no dancing. And since our bodies can't make this mineral, we typically get it as an additive to food, particularly table salt. But as more and more of us cut back on sodium, or switch to unfortified sea salt, iodine deficiency is becoming more of a concern. Fortunately, there are other dietary sources of iodine, and seaweed is one of the best. Just two tablespoons of brown seaweed, or a few rolls of sushi every week, will meet your needs. And as you nosh on your nori you'll be blasting fat: Scientists at Newcastle University recently discovered that a compound in seaweed called alginate helps fat pass through the gut undigested.

Maximum Metabolism Food #3: GRAPEFRUIT

Imagine trying to do your job while the guy in the office next to you blasts Metallica all day long. You'd find it pretty hard to get anything done, right? Well, the same thing happens to your thyroid when it's exposed to heavy metals—not the musical kind, but the kind that shows up in food. That's

because heavy metals, mercury in particular, are chemically similar to iodine—an element the thyroid needs and readily absorbs. When metals like mercury take the place of iodine at binding sites, thyroid hormone production grinds to a halt. The good news is you can detoxify naturally with fruits that are rich in pectin—a gelatin-like fiber that sticks to toxic compounds in the blood and flushes them out of the body through the urine. In fact, citrus pectin can increase the amount of mercury you excrete by 50 percent within 24 hours of taking a pectin supplement, according to one study. Four pieces of whole fruit a day is all you need to reap the benefits—and you should be aiming for that number anyways. Most of the pectin in citrus fruits are found in the pith and peel, so whole sections of grapefruits and oranges, as well as whole apples and peaches, are your best sources.

Maximum Metabolism Food #4: BRAZIL NUTS

Selenium. No, it's not a Latina pop star. It's the all-essential "on" switch to proper thyroid function—converting T₄ hormone into active T₃. The essential mineral also protects the gland from inflammatory byproducts of thyroid hormone production. Many people who have

a sluggish thyroid or thyroid diseases exhibit deficiencies in selenium, and studies show that boosting your intake can help. Selenium supplementation of 80 micrograms per day—about what you'll find in just one Brazil nut—helped to reduce antithyroid antibodies in patients with autoimmune thyroiditis (inflammation of the gland that can make it sluggish if left untreated), one study showed.

Maximum Metabolism Food #5: STEAK

If your thyroid were a man, he'd be a meat-and-potatoes kinda guy. That's because animal protein is brimming in amino acids, particularly tyrosine—the building block of thyroid hormone, and of dopamine—both of which regulate weight management. A lack of tyrosine in the diet may lead to an underactive thyroid, and a deficiency in dopamine is associated with food cravings and weight gain. You can also find tyrosine in dairy, poultry and leafy greens.

Maximum Metabolism Food #6: OYSTERS

Shuck one for your metabolism. Oysters are one of the best dietary sources of zinc, a mineral that's critical, and

complementary, to a healthy thyroid. In fact, the body needs enough zinc to activate production of thyroid hormone. And, in turn, we need enough thyroid hormone to absorb zinc. Any way you look at it, deficiencies are likely to result in a sluggish metabolism, and supplementing with the mineral has been shown to get weight loss back on track. One study found that obese people who consumed 30 milligrams of zinc per day—the equivalent of just six raw oysters—had improved body mass indices, lost weight, and showed improvements in blood cholesterol levels. Get shucking!

Maximum Metabolism Food #7: RAINBOW TROUT

There are plenty of fish in the sea, but there's plenty of mercury in the sea as well. Rainbow trout, on the other hand, tends to be very low in thyroid-harming pollutants, and very high in metabolism-boosting omega-3 fatty acids. Most cases of underactive thyroid are due to inflammation of the gland, and the fatty acids in trout help your body fight inflammation naturally. The fishy fat may also signal thyroid cells in the liver to burn more fat, a recent study published in *The Journal of Nutritional Biochemistry* suggests.

5 Overnight Metabolism Boosters

Wake up hotter tomorrow with these nocturnal calorie burners

You may have tried every trick in the book to burn calories during the day, from a hard-core diet plan and a serious exercise regime to one of those treadmill desks at work. But are you still frittering away seven hours or so of submaximal calorie burn? A recent study at the Salk Institute in La Jolla, California, found that those who simply went to bed earlier, thereby cutting their waking calorie-eating hours from 14 to 11, lost 3.5 percent of their body fat in just six weeks. And that's not the only way to maximize your downtime. Use these clues to lose while you snooze.

1. Throw Out the Night-Light

Exposure to light at night doesn't just interrupt your chances of a great night's sleep, it may also result in weight gain according to a new study published in the *American Journal of Epidemiology*. Study subjects who slept in the darkest rooms were 21 percent less likely to be obese than those sleeping in the lightest rooms.

2. Let in the Cold

A study published in the journal *Diabetes* suggests that turning down the heat in winter may enhance the effectiveness of our stores of brown fat—a type of cell that keeps you warm by helping you burn through the fat stored in your belly. Participants spent a few weeks sleeping in bedrooms with varying temperatures: a neutral 75 degrees, a cool 66 degrees, and a balmy 81 degrees. After four weeks of sleeping at 66 degrees, the subjects had almost doubled their volumes of brown fat. (And yes, that means they lost belly fat.)

3. Boost Before Bed

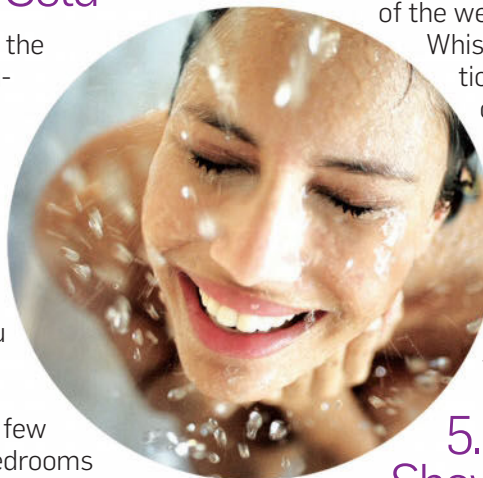
Having a protein shake before hitting the sack may boost your metabolism,

according to one Florida State University study. Researchers found that men who consumed an evening snack that included 30 grams of protein had a higher resting metabolic rate the next morning than those who ate nothing.

4. Eat More Whole Grains

"Serotonin converts to melatonin in your stage-3 REM sleep, and serotonin is sourced from whole-grain complex carbohydrates," says Cat Smiley, owner of the weight-loss retreat

Whistler Fitness Vacations. About 20 grams of insoluble fiber is important to enable you to sleep, so aim to eat that daily, and you'll ensure you can convert enough serotonin to sleep well.



5. Take a Hot Shower

"A hot shower can increase the level of oxytocin—a 'love' hormone released by your brain—which can be very soothing," says Julia Falamas, director of programming and operations at Epic Hybrid Training fitness studio. The heat from the shower also gives your body temperature a lift, resulting in a quick drop in temp when you get out and towel off, a dip that helps relax your entire system and induce sleep.

5 Lazy Ways to Lose Weight

Power up your meals and slim down your body by doing absolutely no additional work. Here's how

Some people are gluttons for punishment.

They'll take on unbelievably demanding challenges, subject themselves to unbearable agony, just to prove that they can do it. The ultramarathoners. The mountain climbers. And pretty much anyone who works with 3-year-olds. Being willing to absorb a daily ritual of torture and to keep pushing through commands a certain degree of respect.

But that's not most of us. If we're honest with ourselves, we'd much rather put our feet up on the coffee table and watch Fallon needle QuestLove than subject our bodies and minds to anything more rigorous than stretching for the remote. Sure, we'll exercise and watch what we eat if we've got a big event coming up, but sticking to a demanding workout or diet for more than a couple of weeks? Not gonna happen. So we gathered up some of the smartest, simplest, and least-demanding ways to lose weight and flatten your belly fast. Read on—if it's not too much effort.

1. Toast Your Bread

Bread gets a bad rap as being a source of “empty calories” that spikes your blood sugar and causes your body to store fat. But a study published in the *European Journal of Clinical Nutrition* found that toasting bread can significantly lower its glycemic index—a measure of how your blood sugar rises in response to a certain food, with foods lower on the glycemic index being less likely to cause

spikes associated with weight gain. To make your daily bread even more belly friendly, store it in the freezer. If you first freeze bread and then toast it, the amount of glucose that your blood absorbs after eating it is half the amount you absorb from fresh bread. The researchers suspect that the starch molecules in the bread take on a different structure as a result of freezing, defrosting, and toasting, which means your body has to work harder to break down the sugar.

2. Microwave Your Tea

Tea is the closest thing we currently have to a magic weight-loss elixir. Regularly sipping the beverage, rich in health-promoting compounds called catechins, can fry stubborn belly fat and even fight disease. But if you want to reap the better-body benefits, zap your cuppa in the microwave. After carrying out a series of preparation scenarios in a lab, researchers found that heating a brewed cup of tea in the microwave for one minute before enjoying could increase its catechin availability by nearly 20 percent. It also slightly boosted the caffeine content!

marinating meat with beer for four hours lowered levels of polycyclic aromatic hydrocarbons (PAHs) by as much as 68 percent in a recent study published in the *Journal of Agricultural and Food Chemistry*. PAHs are classified as endocrine disruptors, meaning they mess with our hormonal systems and can cause weight gain. Interestingly, the darker beers were the most powerful, but even a nonalcoholic variety reduced chemical formation by 25 percent. Previous research showed a red wine marinade to have a similar effect. Researchers say the antioxidant-rich marinades act like a barrier between the meat and cancer-causing compounds.

3. Get Your Burger Drunk

Throwing back a bottle of beer—into a marinade—may eliminate harmful chemicals that form when grilling meat at high temperatures, researchers say. In fact,

4. Egg on Your Oatmeal

Study after study affirms the weight loss benefits of high-protein breakfasts—particularly those that include eggs. With their proven ability to stabilize blood sugar,

decrease hunger and reduce post-breakfast snacking more effectively, a protein-packed meal truly is the best way to start your day. But that shouldn't limit the menu to omelets. In fact, you can muscle-up your oats (and make them creamier and fluffier) by cooking an egg right in with the porridge. Simply add a whisked egg or egg white into your go-to oatmeal recipe before microwaving, or into simmering oats on the stove

5. Drink Away Your Hunger

Are you really hungry, or are you actually just thirsty? A study in the journal *Physiology & Behavior* suggests people inappropriately respond to thirst more than 60 percent of the time by eating instead of drinking. Even if you're not hankering for a thirst-quencher, preloading meals with plain ol' calorie-free water can shave hundreds of calories from your daily intake. A study published in the journal *Obesity* found that people who drank two cups of water before eating consumed 75 to 90 fewer calories over the course of a meal than they would otherwise. This may simply be because water is filling, but researchers note the added H₂O may satisfy thirst otherwise spent on calorie-laden beverages.



DRINK!
Water can cut up to 90 calories out of your day.

MARINATE!
Beer reduces harmful chemicals.

TOAST!
Freeze and toast bread to lower its sugar effect.

5 Resolutions You Shouldn't Make This Year

Stop being so hard on yourself! Sometimes the best way to achieve difficult goals is by taking the easy route. Here are the tough promises worth breaking, and the easy workarounds that will get you closer to your goals

If we consistently made promises to our friends and loved ones, only to break them at will, we'd soon find ourselves kicked to the curb. Yet at the beginning of each New Year, we make a whole bunch of promises to ourselves that are certain to fly out the window. "I will exercise every day." "I will give up chocolate cake." "I will stop clicking on the catchy news items about Kanye West."

We start the year with the most stolid of stances, yet within a few months, we're right back to where we were—on the couch, eating cake, and scratching our heads over what the next Kardashian baby will be named. In fact, only about 8 percent of us are successful in achieving our resolutions, according to a 2015 study by the University of Scranton.

But don't despair too deeply. There are a lot

of resolutions that we make each year that we'd be better off breaking on day one. Here are some of the more trendy promises that folks are making to themselves, and how you can do them one better.



"I Will Switch to 'Natural' Sugar"

Sugar is the master of disguise. Maltodextrin, brown rice syrup, dextrose, sucrose—it's got more alter egos than the Avengers. But it's

most well known super-villain costume is High Fructose Corn Syrup. Whether HFCS is worse than plain ol' table sugar has long been a contentious issue. Here's what you need to know: In a recent review of five studies comparing the effects of sugar and HFCS, there was no difference found in changes in blood glucose levels, lipid levels, or appetite between table sugar consumption and HFCS consumption. In other words, your body can't tell one from the other—they're both just sugar. The same holds true for "healthy" sugar substitutes like agave, maple syrup, or honey. HFCS's real sin is that it's super cheap, and as a result, it's added to everything from cereal to ketchup and salad dressing. Is it a good idea to minimize the HFCS in your diet? Absolutely. But don't stop there.

A BETTER RESOLUTION:

"I will cut out added sugars." A recent meta-analysis of studies in the *American Journal of Clinical Nutrition* found that reducing high-sugar foods had a significant impact on heart disease and diabetes risk, regardless of the sugar's source.

"I will give up French fries"

Once the proud spud stud of the American dinner plate, potatoes have been downgraded in recent years to a status not seen since the Irish blight. That's partly because of the low-carb craze, and partly because of the ongoing demonization of the French fry. But unlike the commentators on cable news, the common taters in your kitchen actually have something worth chewing on. A USDA study of potatoes recently found levels of phytochemicals such as flavonoids and kukoamines that rival the amounts found in



broccoli, spinach, and Brussels sprouts. Kukoamines? You haven't heard of them because they were previously believed to exist only in Chinese medicinal plants, but they have been shown to lower blood pressure by decreasing free-radical damage and inflammation.

A BETTER RESOLUTION:

"I will eat a better French fry." Potatoes are a resistant starch, which slows digestion and helps to feed your healthy gut bacteria. The problem with fries is the vegetable oil they're soaked in. If you crave fries, look for fries you can whip up in the oven, like Cascadian Farms or Alexia.

"I Will Eat Small, Controlled Meals Throughout the Day"

Bodybuilders have long sworn by eating every few hours to keep their muscles fueled, but unless you're planning to leg-wrestle the Mountain from *Game of Thrones*, don't discount the weight-loss potential of three squares a day. A study in the journal *Hepatology* put two groups of men on weight-gain diets. One group divided the calories among three small meals with snacks in between while the second group



ate the same number of calories in three square meals. While both groups gained weight, researchers found that belly fat—the dangerous kind that increases heart-disease risk—only increased in the high-frequency eating group.

A BETTER RESOLUTION:

"I will eat balanced meals throughout the day." How many times you eat is less important than the factors that make up each meal. A solid meal is one that contains protein, fiber, and healthy fats. That could be as grand as a baked salmon with vegetables, or as small as a handful of nuts. But when you look at a meal or snack, ask yourself: "Where's my fiber? Where's my protein? Where's my healthy fat?"

"I Will Go Paleo!"

Unless you've been living in a cave, you already know that the biggest diet trend in the country is to pretend that you live in a cave. But before you sign up for the Neanderthal nutrition plan, consider this: A panel of nutritional experts in *US News &*

World Report ranked Paleo last among 32 popular diets, and the British Dietetic Association says the diet's exclusionary nature sets eaters up for potential nutritional deficiencies—particularly of calcium and vitamin D, both of which are directly linked to weight reduction. In fact, one Spanish study found that those who follow high-protein diets have a 90 percent greater risk of gaining more than 10 percent of their body weight over time than those who don't go heavy on the meat.

A BETTER RESOLUTION:

"I will eat fewer packaged foods." To reap the weight-loss benefits of the Paleo diet—without paying for it later—nix the processed foods as the diet suggests, but don't sacrifice healthy whole grains and other natural foods for steaks and sausages. Men



should get no more than 56 grams of protein a day, and women should aim for 46 grams. Take in more than the recommended amount and the excess will likely be stored as fat.

"I Will Stop Eating Carbs at Night"

In fact, "eating the right type of bedtime snack actually boosts metabolism and aids weight loss—not the opposite!" explains Cassie Bjork, RD, LD, of the healthysimplelife.com.



"When you don't eat before bed, blood sugar levels dip so you don't sleep as well," Bjork explains. "In turn, you crave more sugar- and carb-laden food the next day." One study in the journal *Obesity* found that nighttime carb eaters lost 27 percent more body fat than those on the standard diet.

A BETTER RESOLUTION:

"I will eat carbs and fat at night." Eating the right snack at night can help keep blood sugars stable so the fat-burning hormone glucagon can do its job. So what should you be eating? "I suggest pairing a natural carb with a healthy fat," Bjork says. Apple slices and almond butter, berries with heavy cream, or a fruit smoothie with yogurt all fit the bill.

How do I eat just one cookie?



Cookies are little diskettes of sugar with little or no fiber, so there's nothing in them that tells your body, "Thanks, I'm full." As a result, willpower is useless; to cut yourself off it takes, in the words of George W. Bush, strategy. Along with some insight from registered dietitians Ilyse Schapiro MS, RD, and Elisa Zied, RDN, we reveal the exclusive Eat This, Not That! plan for how to do it:

Cleanse your palate:

Keep mints or breath strips on hand and pop them when you finish your first cookie. This rids the alluring taste from your tongue and keeps your mouth busy. Brushing your teeth or sipping on coffee or tea can also be helpful tactics for the same reason, adds Schapiro.

Pair it with something healthy: A single medium-size cookie has about 100

calories, so if you're reaching for one as a snack, you're bound to be left wanting more. "Eating a serving of fiber-filled produce before biting into your cookie will fill you up and temper your appetite," says Zied.

Go out for dessert:

Head out for a sweet treat the next time a cookie craving strikes. "You're less apt to buy another treat when you have to go up to a counter and pay for round two," says Zied.

True or false: It's better to lose weight slowly than to lose a lot all at once.

False. Rapid weight loss is the Pop-Rocks-and-Coke of the nutrition world—an idea that's supposed to blow up in your face but whose dangers, when put to the test, just fizzle out.

In fact, you're more than five times as likely to succeed in your long-term weight-loss goals if you start out of the gate by losing pounds rapidly, according to a study in the *International Journal of Behavioral Medicine*. And a second study in *The Lancet* found that achieving a weight loss target of 12.5 percent—and sticking to a program long term—is more likely if losing weight is done quickly.

The reason is twofold:

First, there's the sense of excitement and motivation that comes with rapid, measurable success. And second, people on weight-loss plans are significantly more likely to be successful when they have "autonomy" over their programs—meaning they feel like they have taken control of their weight, according to a third study.

That said, here's a weird fact from the *Journal of Physiology*:

People most likely to lose 10 percent of their body weight and keep it off for a year: older, single white females.

People least likely to lose 10 percent of their body weight and keep it off for a year: younger, married Hispanic males.

Is menopause a death sentence for my figure?

It's an accepted fact that women gain weight after menopause. But that's a fact we need to stop accepting. In fact, postmenopausal women actually respond to exercise more profoundly than their younger peers, according to a recent study at the University of Massachusetts Amherst.

The researchers studied 630 premenopausal and 274 postmenopausal women, monitoring their activity level and their waist

(To ask ETNT your own weight-loss and nutrition questions, tweet us using #ASKETNT.)



...When You're Expecting

by Jennifer Ashton, MD, FACOG

ABC News Senior
Medical Contributor



circumference and body fat percentage. Not surprisingly, the postmenopausal women tended to be less active. But across the board, the researchers found that light physical activity had a greater impact on the older women. So menopause itself isn't the reason for weight gain; stay committed to fitness and your figure will stay committed to you.

I'm trying to cut back on salt, but my doctor says I need iodine to help keep my thyroid healthy. Is there anything other than a pill that I can eat?

Your car runs on gasoline, and your thyroid runs on iodine. Insufficient levels of the element inhibit the production of metabolism-regulating thyroid hormones; and since your body doesn't make it, it's an essential part of your diet. But there are other dietary sources of iodine besides table salt, and seaweed is one of the best. Just two tablespoons of brown seaweed, or a few rolls of sushi every week, will meet your need. And as you nosh on your nori you'll be blasting fat: Scientists at Newcastle University recently discovered that a compound in seaweed called alginate can suppress the digestion of fat.

I'm vegetarian, so fish oil pills aren't for me. Can I get all the omega-3s I need just from flaxseed oil?

No. True, flaxseed does contain omega-3s, but it's the shorter-chain omega-3, called alpha-linolenic acid (ALA), which differs from the longer-chain omega-3s EPA and DHA found in seafood that your pregnant body needs. While the body does seem to convert ALA into DHA, that conversion is inefficient; sources from the sea remain your best bet.

However, there is another option: algae oil. Fish get all the glory, but EPA and DHA originate at the bottom of the food chain, with algae. If you're vegetarian, algae oil offers a great alternative to fish or fish oil capsules.

Is it true that a mani-pedi can actually harm pregnant women?

It's tempting to hit the salon for a pretty, long-lasting pick-me-up, but hold it: The compounds in gel formulas are potentially toxic to you and Baby. Gel polish won't seep into the nail itself, but it could be absorbed through the nail bed. To keep yourself and your peanut safe,

opt for a regular mani and choose a polish that's free of dibutyl phthalate, or DBP, toluene, and formaldehyde. When it's time to dry your digits, opt for a fan with the UV light turned off; extra UV exposure is never good, whether you're preggers or not.

Why do pregnant women need to gain around 30 pounds if a baby only weighs about 8? What else is in there?

It varies from woman to woman, but here's how those pounds might add up,

according to the American College of Obstetricians and Gynecologists:

- 7.5 pounds:** average baby's weight
- 7 pounds:** extra stored protein, fat, and other nutrients
- 4 pounds:** increased blood
- 4 pounds:** increased body fluids
- 2 pounds:** breast growth
- 2 pounds:** growth of the uterus
- 2 pounds:** amniotic fluid
- 1.5 pounds:** the placenta



GREEN & HEALTHY



Four Simple Foods and
One Lifesaving Drink
That Will Guide You Through a
Year of Perfect Nutrition



Eating is easy. Eating well is hard.

In one survey, 52 percent of Americans said they had an easier time understanding their taxes than they did understanding how to eat healthfully. And we empathize: There's not a day that goes by when some new breakthrough study doesn't pop up on our Google alerts, telling us exactly the opposite of what last month's breakthrough study claimed.

That's why, to kick off 2016, we've decided to make your nutritional life easy. We've broken down the essence of healthy eating into five simple foods that can, and should, be the primary focus of your meals. We call them the Green Superfoods, the most potent of which is green tea. And when we gave fans of *Eat This, Not That!* the chance to sample the plan, let's just say the results were pretty stunning.

"I loved the results! I followed the plan for seven days and lost nine pounds!" *Jeannine Arenas, 31, Miami, Florida*

"I went from a size 20 to a size 16 in just one week, and I'm alive with energy!" *Tracy Durst, 45, Lewistown, Pennsylvania*

"I wasn't really convinced it would work, but I lost five pounds in my first week!" *Margaret McGraw, 50, Stillwater, Minnesota*

While we've created a daily eating plan to follow, the key to success really lies in understanding these superfoods, and how to use them to enhance your health even as they're shrinking your belly. Here's a rundown on exactly what they are and how they will change your life.



Green Superfood #1

GREEN TEA

Green tea—whether in bags, loose leaf, or powdered like matcha—is your go-to drink for melting fat and boosting metabolism. More and more research keeps piling up proving exactly that.

One study broke participants into two groups, only one of which was put on a green-tea-rich diet. At the end of 12 weeks, the green tea group had achieved significantly lower body weights and smaller waistlines than those in the control group. Why? Because catechins, the nutrients that give tea its nutritional punch, are so highly effective at boosting metabolism. And the most powerful catechin of all, called EGCG, is found almost exclusively in green tea.

In fact, you should make green tea a part of your day every day, for four reasons:

Green tea deactivates your fat-storage genes. It's true: The nutrients in green tea work on your body on a genetic level, turning "off" the genes that are related to fat storage and making weight loss effortless.

If that sounds like science fiction, it's not: It's the new science of nutritional genetics, and it's changing everything we know about weight loss.

"What you eat, and don't eat, can influence which genes are turned on and when," says Kevin L. Schalinske, Ph.D., professor in the Department of Food Science and Human Nutrition at Iowa State University. And it can turn those genes back off. Once they're off, it becomes hard for your body to gain weight—it's simply not pre-disposed to pack on the pounds.

And two of the primary nutritional tools at our disposal to turn our fat genes off are EGCG and folate, magical ingredients found at high levels in green tea. "It's the B vitamins that play a big role in epigenetics, especially folate," says Schalinske.

Green tea causes fat cells to shrink. Green tea is the bandit that picks the lock on your fat cells and drains them away, without damaging your muscles. In fact, it seems to make up for even our most unwise dietary choices. In one study, Chinese researchers divided rats into five groups and fed them varying diets over a two-month period. In addition to a control group, there was a group given a high-fat diet with no tea supplementation and three additional groups that were fed a high-fat diet with varying doses of pu-erh tea extract (a fermented type of green tea). The researchers found that the green tea significantly lowered triglyceride concentrations (potentially dangerous fat found in the blood) and belly fat in the high-fat diet groups.

Green tea protects your body from toxins. The more we grow concerned about toxins in our environment, the more it makes sense to think seriously about making green tea part of our daily lives. In one study, researchers found that matcha—a powdered form of green tea—protects the body against liver and kidney damage. Another study published in the journal *Biological Chemistry* showed that green tea protected the liver from some of the oxidative stress brought on by alcohol. And Purdue University researchers found that drinking tea with dinner may block the absorption of any toxins in your meal—for example, mercury in fish.

Green tea boosts your immune system. EGCG has been shown to stop the adenovirus (one of the bugs responsible for colds) from replicating. Start pumping green

BREAKFAST / The Green Goddess



GREEN TEA



GREEN FRUIT:
Banana,
Avocado



GREEN PROTEIN:
Vegan
Protein Mix

300 calories
50 g carbs
18 g protein
6 g fiber

While green tea makes a refreshing drink, hot or cold, it's also a powerful fat fighter when used as a base for creating other foods. (Try cooking rice or oatmeal in it!) In this case, we substitute green tea for the typical almond milk as the base of this high-protein smoothie. The avocado, banana, and protein powder will all act as thickening agents, so add more of the green tea to smooth the drink out as needed.

YOU'LL NEED

- ¼ avocado, peeled and pitted
- 1 ripe banana
- 1 Tbsp honey
- ½ cup brewed green tea

- 1 scoop vegan protein powder (vanilla)
- ½ cup ice
- Optional: 1 tsp freshly grated ginger

HOW TO MAKE IT

- Place all ingredients into a blender. Blend on high until smooth.

MAKES 1 SERVING

tea into your system at the first sign of a cold and you may stave off worse symptoms.

• **WHAT TO EAT AND DRINK:** Three cups of green tea, plus one green-tea-based smoothie, per day.



Green Superfood #2

GREEN, LEAFY VEGETABLES

No diet is truly healthy without plenty of folate, a B vitamin found in leafy greens—as well as in beans, lentils, peanuts, and, yes, green tea—that helps control our body's weight-storage system. Vegetables add essential nutrients, filling fiber, and volume to meals—for relatively few calories. Bright colors signal that the vegetables are rich in polyphenols, nutrients that help control diet-induced inflammation. And vegetables, especially the leafy kind, have very few calories and a low glycemic load—meaning they load up your body with nutrients without generating a spike in blood sugar.

Research from the University of Otago in New Zealand found that participants felt happier, calmer, and more positive on days when they consumed fruits and vegetables. And further research has identified folate as a critical nutrient for turning off the genes related to insulin resistance and fat storage. A study in the *British Journal of Nutrition* found that those with the highest folate levels lose 8.5 times more weight when dieting. Indeed, some scientists believe that folate level is the primary indicator of a healthy diet;

when folate levels drop, levels of obesity, heart disease, stroke, cognitive impairment, Alzheimer's, and depression go up.

• **WHAT TO EAT:** Lettuces and leafy greens like kale, watercress, spinach, and chard; collard greens and beet greens; cabbage, kohlrabi, broccoli, Brussels sprouts, and asparagus; and brightly colored vegetables like red peppers, grape tomatoes, carrots, and beets.



Green Superfood #3

GREEN, RED, ORANGE, AND YELLOW FRUITS

To maximize the effectiveness of your green tea, you'll seek out natural sources of vitamin C—and that means plenty of whole, delicious fruit. Studies show that vitamin C may improve EGCG bioavailability by preventing oxidation—a good reason to consider adding a splash of lemon to your tea.

But fruits do more than just improve your EGCG absorption. Green fruits like kiwi get their color from chlorophyll, which helps with the formation of new blood cells and the assimilation of magnesium and calcium; it also helps create a more alkaline body environment. Fruits that come in green and red—apples, grapes, and berries—also have their own particular fat-busting properties. For example, in a recent Texas Women's University study, researchers found that feeding mice three daily servings of berries decreased

the formation of fat cells by up to 73 percent. Another study at the University of Michigan found that rats that had berry powder mixed into their meals had less abdominal fat at the end of 90 days than those on a berry-free diet.

Another important nutritional component you'll get from fruit: fiber. A recent study at Wake Forest Baptist Medical Center found that for every 10-gram increase in soluble fiber eaten per day, abdominal fat was reduced by 3.7 percent over five years.

• **WHAT TO EAT:** Any fruit is a nutritious addition to your diet, but focus on citrus fruits, berries, apples, grapes, melons, coconuts, kiwis, and bananas. Avoid dried or canned fruits, which are higher in sugar than fresh fruits.



Green Superfood #4

GREEN FATS

A green fat is one that comes from green plants like olives and avocados, as well as from trees, in the form of tree nuts and coconut. (Peanuts count, too.) Though it may seem counterintuitive to add fat to a meal if you're trying to lose it, eating a moderate portion of unsaturated fats, like the kind found in olive oil, avocados, and nuts, can ward off the munchies and keep you full by regulating hunger hormones. A study published in *Nutrition Journal* found that participants who ate half a fresh avocado with lunch reported a 40 percent decreased desire to eat for hours afterward.

Changing the kind of fat in your diet will also help you increase

SNACK / Green Tea Yogurt



GREEN TEA



GREEN FRUIT:
Strawberries



GREEN FAT:
Nuts



GREEN PROTEIN:
Greek Yogurt

300 calories
50 g carbs
18 g protein
6 g fiber

If you've never cooked with matcha, it's time to get to know this future kitchen essential. A powdered form of green tea, matcha is what's used in traditional Japanese tea ceremonies. Because the whole leaf is used, it can have more than double the levels of EGCG of ordinary tea. You can use it to add flavor and color to smoothies, baked goods, or yogurt. Plus, it's a great way to make healthy green St. Patrick's Day treats.

YOU'LL NEED

- 1 8-ounce container organic 2% Greek yogurt
- 1 tsp matcha green tea powder
- ½ cup chopped strawberries
- ½ cup chopped nuts
- 1 Tbsp honey

HOW TO MAKE IT

- Place yogurt in a serving bowl. Using sifter, sift the matcha powder over the yogurt and whisk until evenly blended. Top with chopped strawberries and nuts. Drizzle with honey.

MAKES 2 SERVINGS

your intake of omega-3 fatty acids while reducing omega-6s (found in vegetable oil and fried foods); upping your omega-3-to-6 ratio has been proven to improve metabolic health and reduce inflammation. And according to a study review in the *International Journal of Molecular Science*, omega-3 polyunsaturated fatty acids may enhance not only the bioavailability of EGCG but also its effectiveness.

To improve your fat profile, reduce the amount of fat you take in from grains. So: Say good-bye to vegetable oil (it's not from vegetables!) and to corn, soy, and safflower oils as well.

• **WHAT TO EAT:** Avocados and olives; olive oil, canola oil, and grape-seed oil (and gourmet oils like walnut and hazelnut); nuts and nut butters; peanuts and peanut butter; flax and flaxseed oil; chia seeds.



Green Superfood #5

GREEN PROTEINS

What, exactly, is a “green protein”? Sounds like something that's been sitting in the back of the fridge for a few months.

By green proteins, we mean one of two things: proteins made from green sources—like nuts and seeds, vegan protein blends, or spirulina—or animals whose diets are primarily green, like grass-fed beef, free-range chicken, or wild fish. Keeping your protein lean and green will also help improve the fat profile of your diet while helping to quell inflammation.

But most important: Eating

enough protein is critical to helping EGCG do its job. Studies show that those who have low levels of serum albumin—a type of protein found in the blood—also have lower levels of EGCG. Albumin is essential for moving fluids and nutrients between the bloodstream and the body tissues. Eating enough lean protein is the key to keeping those blood albumin levels up. Not only that, but protein is more filling. A study printed in *The American Journal of Clinical Nutrition* showed that a high-protein meal, as opposed to one high in carbs, increases satiety by suppressing the hunger-stimulating hormone ghrelin.

The greenest of all protein sources is plant protein—nuts, seeds, whole grains, and plant-based protein powders. A study by the University of Tampa that compared plant protein with whey found it to be equally as effective at changing body composition and boosting muscle recovery and growth. And in a 2015 study in the *Journal of Diabetes Investigation*, researchers discovered that patients who ingested higher amounts of vegetable protein were far less susceptible to high cholesterol, high blood sugar, and obesity. A second study in *Nutrition Journal* found that “plant protein intakes may play a role in preventing obesity.” Hemp, rice, and pea proteins are all good options; however, you'll want to ensure you're getting a complete protein with a full amino acid profile, which is why a blend that combines all three is superior.

“Green meats,” on the other hand, are fish and animals that eat natural, green foods: wild fish, free-range poultry, and grass-fed beef. Unlike cattle that are fattened up with corn, those raised solely on grass produce meat that is leaner and healthier—and that will help you trim away the pounds. A 3.5-ounce serving of

grass-fed beef has only 2.4 grams of fat, compared with 16.3 grams for conventionally raised cattle. Grass-fed beef also has higher levels of healthy omega-3 fatty acids and lower levels of inflammatory omega-6s. (So you're boosting your EGCG levels in two ways!) And it's also higher in both vitamin E and conjugated linoleic acid (CLA), which has been shown to reduce abdominal fat while helping build lean muscle. It's the same with chickens: According to a study in the journal *Poultry Science*, free-range chickens have significantly more omega-3s than grain-fed chickens, less harmful fat, and fewer calories.

And while you might not consider fish as coming from a farm, the fact is that almost all of the salmon, shrimp, and tilapia sold in the U.S. comes from fish farms, where they're fed soy pellets laced with chemicals. That means the heart-healthy benefits of eating fish are actually flopped, and farmed fish aren't at all good for your health. In fact, a study in the *Journal of the American Dietetic Association* warned people who are concerned about heart disease to avoid eating tilapia for just that reason.

Now, given how good protein is for your calorie burn, you may be tempted to grab one of those expensive protein bars instead of sitting down to a decent meal. But the effect isn't the same: Not only are you getting a lot of extra sugar and chemicals, but you're not getting the same fat-fighting effects—studies show that your body burns more calories digesting whole foods than it does digesting processed foods.

• **WHAT TO EAT:** Vegan protein blends (you'll find them in any health-food shop); nuts, seeds, and nut and seed butters; grass-fed beef; free-range pork and poultry; wild-caught fish.

LUNCH / Crabacado Salad



**GREEN
VEGETABLE:**
Cilantro



**GREEN
FRUIT:**
Lime



**GREEN
FAT:**
Avocado



**GREEN
PROTEIN:**
Crab Meat

355 calories
25 g fat
4 g saturated)
550 mg sodium

Crab doesn't come out much in the kitchen, but when it does, the idea is to do as little to it as possible. And with the exception of a few salty Marylanders, nobody knows crabs better than the cooks of Southeast Asia, so we follow their light-handed lead here. Cucumber and onion for crunch, chiles for heat, and a bit of fish or soy sauce for a slick of savory salt. An avocado half makes the perfect vessel for this salad, its rich, creamy texture boosting the sweetness of the crab.

YOU'LL NEED

- 1 can (8 oz) crabmeat, preferably jumbo lump, drained
- ½ cup peeled, seeded and diced cucumber
- ¼ cup minced red onion
- ¼ cup chopped cilantro
- 1 jalapeño pepper (preferably red), minced

- 1 Tbsp fish sauce (in a pinch, soy sauce will do)
- 1 Tbsp sugar
- Juice of 1 lime
- Salt
- 4 small Hass avocados, halved and pitted
- 1 lime, quartered

HOW TO MAKE IT

- Combine the crab, cucumber, onion, cilantro, jalapeño, fish sauce, sugar, and lime juice in a mixing bowl. Stir gently to combine, being careful not to break up the bigger lumps of crab. Lightly salt the flesh of the avocados, then divide the crab mixture among the 8 halves, spooning it directly into the bowls created by removing the pits. Serve with the lime quarters.

MAKES 4 SERVINGS

DINNER / Alamo Steak Salad



340 calories
18 g fat
(4 g saturated)
460 mg sodium



GREEN VEGETABLE:
Cilantro,
Romaine



GREEN FRUIT:
Lime



GREEN FAT:
Avocado,
Olive Oil



GREEN PROTEIN:
Grass-Fed
Beef

We've long lamented the Mexican-style restaurant salad, in all of its greasy, overwrought, hypercaloric absurdity. Whether from the drive-through or at a sit-down establishment, no salad is likely to be worse for you than the one with "fiesta" or "olé" or "Southwest" in the title. That's too bad, because the flavors that define the cuisine of our neighbors to the south should form the perfect base for an intensely satisfying, relatively healthy lunch or dinner. We've reengineered the underachieving Mexican salad to be just that.

YOU'LL NEED

- | | |
|--|--|
| 3 corn tortillas, cut into thin strips | ½ Tbsp red wine vinegar |
| 4 small Roma tomatoes, chopped | 1 tsp canned chipotle pepper |
| 1 red onion, diced | ½ Tbsp honey |
| 1 jalapeño pepper, minced | 2 Tbsp olive oil |
| ½ cup chopped fresh cilantro | 1 head romaine lettuce, chopped |
| Juice of 1 lime | ½ can (14–16 oz) black beans, drained |
| 8 oz flank steak | 1 avocado, pitted, peeled, and thinly sliced |
| Salt and black pepper to taste | |

HOW TO MAKE IT

- Preheat the oven to 400°F. Place the tortilla strips on a baking sheet and bake for 8 to 10 minutes, until lightly brown and crispy. Set aside.
- In a mixing bowl, combine the tomatoes, onion, jalapeño, cilantro, and half the lime juice. Set the salsa aside.
- Preheat a grill or grill pan. Season the steak with salt and pepper. Once the grill or pan is fully heated, toss on the steak. Cook for 4 to 5 minutes per side, depending on thickness, until firm but yielding. Let the steak rest for 5 minutes before slicing it thinly against the grain of the meat.
- Combine the remaining lime juice with the vinegar, chipotle, and honey. Slowly drizzle in the olive oil, whisking to combine. Toss the lettuce with enough vinaigrette to lightly coat, then divide among 4 plates. Top each serving with slices of steak, black beans, avocado, a heaping spoonful of salsa, and a few tortilla strips.

MAKES 4 SERVINGS

Chicken Fried Green Tea Rice



390 calories
10 g fat
(2.5 g saturated)
720 mg sodium



**GREEN
TEA**



**GREEN
VEGETABLE:**
**Broccoli,
Zucchini**



**GREEN
FAT:**
Peanut Oil



**GREEN
PROTEIN:**
**Free-Range
Chicken,
Free-Range
Eggs**

On a typical Chinese menu, even a small scoop of fried rice will run around 500 calories. Our recipe turns fried rice on its head, relying on a ton of fresh produce, considerably less rice, and the magic of green tea.

YOU'LL NEED

- | | |
|---|---|
| 2 cups water | 2 carrots, diced |
| 4 green tea bags | 2 cups bite-size broccoli florets |
| 4 cups brown rice | 2 cups mushrooms (preferably shiitake), stems removed, sliced |
| 1 Tbsp peanut or vegetable oil | ½ lb boneless, skinless chicken thighs, sliced into thin bite-size pieces |
| 4 scallions, greens and whites separated, chopped | 2 Tbsp low-sodium soy sauce |
| 1 Tbsp grated fresh ginger | 2 eggs, lightly beaten |
| 2 cloves garlic, minced | |
| 1 medium zucchini, diced | |

HOW TO MAKE IT

- Tie green tea bags onto a wooden spoon. Fill a small pot with the water; add wooden spoon and tea bags. Bring water to a boil and remove tea bags. Add rice to boiling tea water, reduce heat to medium-low and simmer until light and fluffy.
- In a wok or a large nonstick skillet, heat the oil over medium-high heat. When the oil is lightly smoking, add the scallion whites, ginger, and garlic and cook for 30 to 45 seconds. Add the zucchini, carrots, broccoli, and mushrooms and cook for 4 to 5 minutes, using a spatula to stir the vegetables throughout. Add the chicken and continue cooking for 2 to 3 minutes, until the pieces are no longer pink.
- Stir in the rice and soy sauce and cook for another 5 minutes, until rice is crispy on the bottom. Create a space in the middle of the pan and add the eggs. Use the spatula to quickly scramble the eggs until light and fluffy, then stir them into the rest of the ingredients. Garnish with the scallion greens. **MAKES 4 SERVINGS**

Excerpted from: *The 17-Day Green Tea Diet: 4 Cups of Tea, 4 Delicious Superfoods, 4 Steps to a Slimmer, Healthier You!*
by the Editors of Eat This, Not That!



21 Ways to Have The Best Winter Ever

Reinvent the season with these fun, healthy and inventive twists on wintertime

Everybody asks, “Did you have a nice summer?” But nobody ever asks, “Did you have great winter?”

While you’re probably already dreaming of returning in July to the beach or the lake house or the cabin you love, you might be overlooking one of the very best times of year. Played right, winter can be a perfect time to relax, recharge, and improve your mind, body, and spirit. Consider the next three months, not as 90 days of shivering before the arrival of spring, but as an awesome opportunity to maximize your health, your fitness, and your social life. Here are 21 fun and inventive ways to put chilling—the good kind—back into the season.

1 Follow the Sun

The sun goes down earlier in winter, and so should you—it might be the easiest weight-loss opportunity you’ll get all year. The earlier your bedtime, the lower your body weight—regardless of how many hours of shut-eye you get, according to a study in the journal *Sleep*.

2 Burn Fat Fast and Slow

Whether you’re cross-country skiing, hiking, or just walking in the snow, varying your pace can help you burn up to 20 percent more calories, according to engineering researchers at Ohio State University. In fact, as much as

8 percent of the calories you burn during a walk are just from the starting and stopping phase.

3 Go Goth with Your Beans and Rice

The most nutritious rice of all is black rice, while the most nutritious of all beans are black beans. In both cases, it’s because the darker colors represent higher levels of anthocyanins, plant-based compounds that help fight inflammation. Use black beans and rice as a stark base for brightly colored vegetables and lean meats.

4 Delegate Shoveling Duties

Just 8 to 10 minutes of exercise three times a week can significantly cut heart disease risk in adolescents, according to a study from the University of Exeter. The researchers had boys and girls ages 13 and 14 do six high-intensity interval exercise sessions over two weeks. The kids worked vigorously for 60 seconds, then rested for 75 seconds. At that rate it may take days to get your whole driveway clean, but at least it will keep your teenagers out of the house.

5 Eat Like a Viking

This winter, try following the Nordic Diet—it’s what Vikings ate in olden times. Hearty rye bread, root vegetables such as parsnips and carrots, game and grass-fed meat, and canola oil are among the diet’s staples; a study in the *American Journal of Clinical Nutrition* found that people who followed the diet naturally ate more than 400 calories less per day, and research shows it can lower diabetes risk by as much as 40 percent.



6 Blow Hot Air

If you have a ceiling fan in your house, it probably sits idle for most of the year, getting called into action only when the weather gets warm. But many fans have a reverse function, which actually pushes hot air back down into your living space. Check to see if there's a reverse switch on yours—it could save you on both heating bills and shivers.

7 Get Yourself Chai

When you're looking for a warm-up, this homemade recipe will turn pedestrian black tea into something truly special. Place 8 whole cloves, 1 Tbsp fennel seeds, 6 slices fresh ginger, ½ Tbsp black peppercorns, 1 dried bay leaf, and 1 cinnamon stick in 6 cups of water. Bring to a boil, then simmer for 7 minutes; remove from the heat, add 4 bags of black tea (preferably Darjeeling), and let steep for 5 minutes. Strain the mixture, return to the pan, then stir in 4 Tbsp brown sugar and 1½ cups milk. Simmer until warmed through. Makes 4 servings.

8 Don't Get Phubbed

If you're feeling down about your relationship, it may be because you're feeling phubbed. Phubbing, or "partner phone snubbing," occurs when one of you feels neglected when the other is busy checking texts or emails. More than 46 percent of people report feeling snubbed in favor of a partner's cell, and more than 36 percent say it increased their levels of depression, according to a study at Baylor University. Make a resolution that the two of you will let each other know before you dive into your phones, and explain why you're doing it and how

long you'll need before coming back to the real world.

9 Beat Fatigue with Beets

Maximize your time on the slopes by ordering the beet salad at lunch. In a study in the *Journal of the Academy of Nutrition and Dietetics*, runners who ate beets an hour before a three-mile race finished the last mile 5 percent faster than the beetless runners.

10 Make Yourself Hotter

People who visited a dry sauna four to seven times a week lowered their risk of dying of heart problems during that time by 48 percent compared with those who went just once a week, according to a recent study conducted in (where else?) Finland.

11 Cool the Fire with Chocolate

Our levels of inflammation tend to be higher in winter than in summer, thanks to the way our genes behave in different seasons, according to the journal *Nature Communications*. Researchers found that an inflammation-fighting gene known as ARNTL was more active in summer than in winter. Give your genes a boost with dark chocolate; gut microbes in the digestive system ferment chocolate and, in doing so, produce a compound called butyrate, which helps decelerate the action of genes linked to inflammation.

12 Humidify to Healthify

The drier the air in your home, the longer flu viruses thrive there, according to research from

Virginia Tech. At 50 to 98 percent humidity, the virus doesn't survive for very long outside the body, the researchers report. But when air gets drier, it actually preserves the virus like beef jerky; the little buggers then stick around, on your doorknob or in the air, waiting for an invitation to set up camp in your body. A humidifier can help reduce your sick days.

13 Surf for Fitness

People who joined an online support group of fitness-minded peers were much more likely to get fit and stay fit than those who received coaching or promotional messages, according to a recent study at the University of Pennsylvania.

14 Build the Perfect Snowman

Industrial engineering students at Bluefield State College in West Virginia created a blueprint for a highly stable, perfectly proportioned snowman. Their study suggested that you build your snowy sentinel on a base of at least two inches of wet powder. The base of the snowman should be a three-foot-diameter ball, the center section a two-foot ball, and the head one foot, in order to create a snowman with perfect Frosty-like proportions.

15 Give Your Decor a Second Look

Our eyes actually see colors differently in summer than they do in winter, according to a 2015 study at the University of York in England. For example, yellows appear slightly less green when the cold weather sets in. Consider

buying a new bedspread or set of winter sheets with a color pattern that appeals to you now, not six months ago.

16 Forget Cinnamon...

The aroma of cinnamon makes us want to spend money, according to a 2015 study published in the *Journal of Marketing*. Warming fragrances like cinnamon make us feel less powerful, and we exercise our purchasing power in order to compensate.

17 ...And Remember Rosemary

According to researchers at the University of Northumbria, England, smelling rosemary oil can help you remember future events and complete tasks on time—like paying those credit card bills you racked up when you were smelling cinnamon.

18 Celebrate Candlemas!

Just like you turned Cinco de Mayo into an excuse to gather friends and make margaritas, try doing the same with one of these obscure holidays.

Burns Night: On January 25, Scots celebrate their great poet, Robert Burns, by toasting with whiskey. Sounds like a great excuse for a Scotch tasting to us.

Candlemas: The “Feast of Lights,” a holiday that marks the midpoint of winter, happens on February 2. It was basically Baby Jesus’ social debut. Light the candles and start eating.

Laskiainen: Also known as the Finnish Sliding Festival. On February 6th, the Finns all run outside and play in the snow, then come home and eat pea soup and buns



filled with jam or whipped cream.
Faschingssamstag: The Saturday before Ash Wednesday is the traditional night for people in Austria to dress up and go to fancy parties. Extra points if you can still pronounce the word after two glasses of wine.

19 Redo Your Fondue

Most recipes are a cheese-covered heart attack in a pot. To get some heart-healthy monounsaturated fats into the mix, fondue as the Israelis do: Combine 2 mashed ripe avocados with 3 tsp lemon juice. Rub the inside of the fondue pot with a cut clove of garlic, then pour in $\frac{3}{4}$ cup dry white wine and light the base burner. When the wine is bubbling, mix in 3 cups grated Edam cheese and stir until melted. Meanwhile, in bowl, mix 2 tsp flour and 5 Tbs sour cream. Add the avocados and the sour cream mixture into the pot and stir until smooth.

Now dip some crunchy bread and chunks of bell pepper.

20 Have a Pop of Schnapps

Speaking of fondue, have some wine with that, then follow it up with schnapps. This mix of booze helps to slow digestion, suppressing appetite for longer, according to a study at the University Hospital of Zurich.

21 Upgrade Your Sled

If you’re tired of getting stuck in the snow while all the other kids and parents whiz by, consider upgrading your ride. In a test of five different types of sleds, *Wall Street Journal* reporter Mark Anders found the admittedly luxurious, handcrafted Molson Runner “the most durable, well-made model...we tested.” At a retail price of \$529.99, it ought to be.



FIVE WEEKS TO

The No-Diet Diet That Will Melt Away Belly



THE STRONG PHASE

Enjoy burgers, pasta, even pizza in this 14-day metabolism-boosting phase.



A FLAT BELLY

BY MARK
LANGOWSKI
and the Editors of
Eat This, Not That!

Fat—and Change Your Life Forever!



THE LEAN PHASE

Strip away fat and calm
your body and mind with this
easy 4-day cleanse.

W

ouldn't it have been great if they'd handed out step-by-step instructions to life back when we were first born?

An all-encompassing guidebook that taught you the foolproof ways to get good grades; win social status; avoid awkward dating situations; achieve physical perfection; and land the ideal job, mate, house, car, and life with ease? (I mean, they seem to have given George Clooney one. Where's ours?) Well, we can't help you with the overachieving spouse, the million-dollar paydays, or the constant Oscar nods. But getting your best body for 2016—that we've got a plan for. A foolproof plan, actually, one that doesn't rely on your ability to run a marathon and deadlift twice your bodyweight. More important, unlike most other fat-reduction programs, it doesn't rely on willpower. Instead, this plan is focused on some of the most delicious, satisfying, crave-worthy foods in the world—stuff like burgers, steaks, fries, even pasta—that you've been told for years you weren't allowed to have. All you do is indulge in your favorite foods for two weeks (the **STRONG** Phase), then follow it up with an easy four-day cleanse (the **LEAN** Phase) that shocks your body into giving up stored fat.

Sound too easy to be real? It's not.

THE SIMPLE STEPS TO A FLAT BELLY

This program—adapted from our new book, *Eat This, Not That! for Abs*—doesn't require you to give up your favorite foods, and it doesn't ask you to count calories or macros or points or carb grams. Instead, you'll eat the foods you're already enjoying, but in a way that will lead to the lean, flat belly you've always wanted.

Sure, we understand why you might be skeptical. A 2015 study looked at 280,000 people over 8 years and found that the chances of an obese woman attaining a

healthy weight was just 1 in 124; for men, it was an even more discouraging 1 in 210.

But this program works because, unlike traditional diet plans, it doesn't require you to give up your favorite foods or rely on your willpower. In fact, in the initial tests that inspired the cleanse aspect of this plan—a plan that requires a little bit of thoughtful dieting for just four days every few weeks—95 percent of the subjects who started the plan were able to complete it.

This is more than just a groundbreaking program. It's a rule-breaking plan, one that shatters popular notions about weight loss that diet experts, fitness gurus, and even the U.S. government are touting

as the path to better health. Once you read the evidence, however, you'll understand that there's a better, more effective way to define your abs. And this is it.

HOW THE PROGRAM WORKS

The **STRONG** Phase begins on day one, and lasts for two weeks. You'll be eating plenty of food—nearly as many calories as you eat now—but with an emphasis on healthy fats, fiber, and protein. And you'll be eliminating two major contributors to weight gain: added sugar, and lauric acid, a type of polyunsaturated fat found in soybean and corn oil. These two unnecessary ingredients alone are responsible for much of the weight gain each of us struggles with; once you eliminate them, you can eat almost anything you want! This phase will boost your metabolism and bring your calorie burners to the fore.

After that, you'll enter the 4-day **LEAN** Phase, which will be the only time during this plan that you actually feel like you're on a diet. This phase will build on your revving metabolism and cause your body to start using belly fat for energy.

Then you repeat the entire process once more, for a total of 36 days. By the time you're finished, your body will be cleansed of inflammation-causing invaders and your natural fat-burning mechanisms will be revving as high as possible. Here's a breakdown of each phase—which we call the **STRONG** and **LEAN** phases—and how they work in concert to flatten your belly.

THE **STRONG** PHASE

THE 14-DAY METABOLISM- BOOSTING EAT-WHAT-YOU- WANT PLAN

Each **STRONG** Phase is a 14-day cycle in which you eat the complete complement of **STRONG** foods. These foods maximize your intake of healthy fats—including mono-unsaturated fats, omega-3 polyunsaturated fats, and saturated fats like stearic and oleic acids. And they dramatically reduce your intake of linoleic acid, or LA—the unhealthy polyunsaturated fat that comes from soybean and corn oils. (A recent study found that soybean oil is more effective at making us gain belly fat than even sugar is!) You'll enjoy the enhanced feelings of satiation brought on by these healthy fats even as your body lets go of the lipids it's been storing and as the systemic inflammation in your body begins to ease.

STRONG FOODS, TO BE EATEN DURING THE STRONG PHASE: Monounsaturated fats (olive oil, avocado, canola oil, nuts); saturated fats (red meat, full-fat dairy, coconut oil); omega-3 fatty acids (fish, seeds); fruits and vegetables; pasta, rice, and potatoes; whole-grain products without added sugar.

FOODS TO AVOID: Baked goods; candies; margarine; highly processed foods; fried and/or breaded chicken dishes; condiments like ketchup and relish with added sugar; commercial cereals; fried foods using corn, soy, or safflower oil.

STRONG SAMPLE MENU

BREAKFAST

- ½ cup plain oatmeal prepared with water
- + ½ sliced banana
- + 2 tablespoons natural peanut butter
- + 1 tablespoon flax meal

LUNCH

- 3 cups chopped Boston lettuce
- + 3 ounces grilled grass-fed steak, sliced
- + ¼ cup blueberries
- + 2 tablespoons chopped walnuts
- + 1 tablespoon olive oil
- + 1 teaspoon apple cider vinegar

DINNER

- Grilled grass-fed burger
- + sugar-free ketchup
- + 2 slices Manna organics sprouted bread multigrain, toasted
- + ½ large avocado, sliced

SNACK

- 5 oz plain Greek yogurt
- + chopped mango
- + chopped pineapple
- + ½ tablespoon coconut oil

STRONG WORKOUT

Each phase of the diet is also accompanied by its own unique workout plan. While the full workout plans are available in *Eat This, Not That! for Abs*, you can create your own using this simple formula:

14-DAY STRONG PHASE WORKOUT PLAN

Week One (Repeat sequence for Week Two):

Each workout should be approximately 45 minutes long

Day One: Full-Body Weight Workout

Day Two: Cardio Workout

Day Three: Full-Body Weight Workout

Day Four: Cardio Workout

Day Five: Full-Body Weight Workout

Day Six: Cardio Workout

Day Seven: Rest


STAR


STARCHES

(potatoes, bananas, beans, brown rice, oatmeal, pasta salad)

Potatoes, bananas, and other starchy foods have been the persona non grata of weight loss ever since Dr. Atkins published his first book, and the Paleo crowd has only piled on since then. But some starches, like lentils, peas, beans, oatmeal, bananas, corn, and potatoes (especially with the skin on) are known as “resistant starches.” A study in the journal *Nutrition & Metabolism* found that adding resistant starch to a meal promotes fat oxidation—that’s “fat burning” in plain speak.

What’s up with the pasta salad? It turns out that cold pasta—and leftover rice as well—is closer in structure to natural resistant starches like lentils, beans, and oatmeal. But there’s a caveat: You have to eat it cold. Once you reheat the pasta, the chemical bonds within the carbohydrates change, and the resistant starch is destroyed.

 **Eat This!** Bananas, beans (especially navy beans—a single cup gives you a day’s worth of omega-3s), whole baked potatoes, brown rice, oatmeal, quinoa, pasta salad

 **Not That!** French fries, warm pasta, white rice, any fried veggies or carbs


TURKEY,

grass-fed beef, eggs, duck, and other meat and full-fat dairy

The protein in turkey and other meats helps you burn fat in three ways. First, it’s the building block of muscle, and muscle burns energy on a regular basis, so it steals energy away from belly fat cells in order to sustain itself.

Second, the very act of eating protein actually burns calories. And third, protein keeps you fuller longer—in part because that intense digestive process means your body perceives you as being satiated. And eggs, beef, and duck are also key sources of arachidonic acid, a powerful muscle-building form of polyunsaturated fat.

Avoid farmed fish like tilapia, catfish, and even most forms of salmon (unless you know it’s wild-caught), because these creatures live on a diet of soy meal, and are high in fat-promoting LA.


 **Eat This!** Turkey, grass-fed beef and veal, omega-3 eggs, duck, full-fat cheese, whole milk (preferably grass-fed), whole-fat yogurt, halibut, wild salmon, tuna, sardines, shellfish.


 **Not That!** Chicken, low-fat or fat-free dairy, tilapia, catfish, farmed salmon, any protein source that’s breaded and fried (like fish sticks).

RED AND GREEN PRODUCE

Bright colors like red and green signal that the produce is rich in polyphenols—micronutrients that function as powerful anti-inflammatories. And leafy green vegetables in particular are packed with a B vitamin called folate. A study in the *British Journal of Nutrition* found that those with the highest folate levels lose 8.5 times more weight when dieting than those with the lowest.

Another important dietary boost you get from produce: fiber, in particular, soluble fiber, which is quite different from the insoluble fiber you get from eating starch. Researchers at Wake Forest Baptist Medical Center recently found that for every 10-gram increase in soluble fiber eaten per day, subjects saw a decrease in abdominal fat of 3.7 percent over five years.

 **Eat This!** Berries, apples, citrus fruits, melons, leafy greens (spinach, lettuce, chard, kale, watercress), grape tomatoes, red bell peppers. Special shout-out to kiwi for its high levels of omega-3 fatty acids; make it your go-to fruit a few times a week.

 **Not That!** Dried or canned fruit, both of which can be high in added sugars




OILS

(saturated and monounsaturated)

We're told to "eat more polyunsaturated fats" without being told the in-depth deal: that the vast majority of the polyunsaturated fats we eat are actually bad for our hearts, and our bellies.

Polys come in several forms, including the fat-burning omega-3 and the (mostly) fat-storing omega-6s, plus minor players like omega-9s (good) and omega-7s. But it's one form of omega-6, linoleic acid (LA), that's causing much of the inflammation and concurrent weight gain in the American population. And its primary source is vegetable oil, which is mostly derived from soy or corn. Avoid this one problem child, and your life will get better immediately.

 **Eat This!** Coconut oil, palm kernel oil, cocoa butter, canola oil, walnut oil, peanut oil, avocado oil, macadamia nut oil, olive oil, flaxseed oil, real butter


 **Not That!** Soybean oil, safflower oil, corn oil, poppyseed oil, "vegetable oil," partially hydrogenated oil, shortening, margarine, almost all commercial salad dressings (they're made with soy), palm oil

NUTS, SEEDS, AND NUT BUTTERS

What can't the humble nut do? It's packed with protein, to support your ab muscles; it's heaped with healthy fats to reduce inflammation and promote weight loss; and it's filled with fiber to feed your good bacteria and help reduce belly fat and bad cholesterol.

Many nuts have gotten a bad rap in the past. Coconut, because it's primarily saturated fats, practically had its face plastered on the wall of the post office. And macadamia nuts have also been given suspicious glances thanks to their high fat content.

 **Eat This!** Chia seeds, ground flax meal, nuts of any kind (especially walnuts for their omega-3s and macadamia nuts for their appetite-suppressing oleic acid), peanut butter and nut butter, seeds of any kind


 **Not That!** Soy butter, "reduced-fat" peanut butter or peanut butter with added sugar or palm oil


GRAINS

(oatmeal, quinoa, brown rice, whole-grain bread)

Like their cousins, the starches, grains often get disinvited to the most exclusive dinner parties, and for the same reason: They're high in carbs. But grains are packed with the minerals magnesium and chromium, both of which battle the stress hormone cortisol. Whole grains also contain an amino acid called betaine, which positively influences the genetic mechanism for insulin resistance and fat storage.

And grains are the number-one source of fiber in the American diet. In 2014, a team at Imperial College in London identified an anti-appetite molecule called acetate that's naturally released when fiber is digested. Acetate acts on the brain, telling us to stop eating.

 **Eat This!** Oatmeal; brown rice; whole-grain cereal, bread and pasta; quinoa; cool and interesting grains like amaranth, teff, barley, and buckwheat

 **Not That!** White or "wheat" bread (make sure it's 100% whole wheat), white pasta (unless it's chilled), processed cereals

3-MINUTE GO-TO MEALS

Because thinking gets harder when you're hungry, we've created a handful of very simple go-to food mixes that provide perfect combinations of the **STRONG** foods. You could, if you wanted to, make every day a perfect **STRONG** day by starting the day with the Instant Breakfast, having a smoothie for lunch, enjoying the trail mix for a snack, and eating the salad for dinner. You'd wind up at a perfectly balanced 1,900 calories for the day, with 104 grams of protein and less than half the sodium the average woman eats in a day. You'd also get bored beyond belief and ready to shoot yourself by the end of day 3. So don't do that. But rely on these quickie recipes for go-to bites (they each take 3 minutes or less) whenever you're too hungry, tired, or confused to plan a meal.

THE STRONG
INSTANT
BREAKFAST

To make a high-protein, high-fiber breakfast automatic, stock your fridge with a bunch of 7-ounce, full-fat, plain Greek yogurts.

IN A BOWL, MIX:

7 ounces (1 individual container) of plain, full-fat Greek yogurt
1 tsp ground flax meal
½ cup All Bran Original
Your favorite berries (raspberries, strawberries, blueberries, blackberries)

If even that's too much to stomach in the early a.m., put the Bran and the berries in a Ziploc, the flax in a separate pouch, and mix the whole thing up when you get to work.

346 calories /
 13 g fat (7 g saturated) /
 150 mg sodium / 22.5 g protein /
 21 g sugar / 14 g fiber

STARCHES: None

TURKEY AND OTHER LEAN PROTEIN: Yogurt

RED AND GREEN FRUITS: Berries

OILS: None

NUTS AND SEEDS: Flax meal

GRAINS: All Bran

THE STRONG
SMOOTHIE

A perfect breakfast, the **STRONG** Smoothie also works as a replacement for lunch if you're in a hurry—or as a cold, creamy dessert.

IN A BLENDER, MIX:

3.5 ounces (½ individual container) of plain, full-fat Greek yogurt
½ cup milk
1 scoop vegan protein powder (vanilla)
½ frozen banana
2 Tbsp peanut butter
1 tsp flax meal
½ cup frozen strawberries

Using frozen fruit will eliminate the need for ice, so your smoothie will stay nice and creamy. Hint: Peel the bananas before freezing them, otherwise their skins turn into little yellow Kevlar vests.

594 calories /
 11 g fat (3 g saturated) /
 245 mg sodium / 34.5 g protein /
 26 g sugar / 8.5 g fiber

STARCHES: Banana

TURKEY AND OTHER LEAN PROTEIN: Yogurt, milk, protein powder

RED AND GREEN FRUITS: Berries

OILS: None

NUTS AND SEEDS: Flax meal

GRAINS: None

THE STRONG
SNACK MIX

A trail mix of nuts, dried fruit, and chocolate can be the ultimate midday cravings crusher, packed with protein, healthy fats, and fiber. Or it can lead you down the trail to flab: Planters' Nut & Chocolate Trail Mix has nearly six times as much sugar as it does fiber, and nearly three times more sugar than protein.

MAKE YOUR OWN WITH:

2 cups of raw, mixed nuts (not roasted or salted),
1 cup chopped dried figs (one of the few dried fruits that aren't usually sugar-coated)
½ cup 85% cacao dark chocolate (we like Green & Black or Ghirardelli)

Keep it in the fridge until you're ready to eat so the chocolate won't melt.

MAKES 8 SERVINGS

490 calories /
 37 g fat (7 g saturated) /
 6 mg sodium / 12 g protein /
 16 g sugar / 8 g fiber

STARCHES: None

TURKEY AND OTHER LEAN PROTEIN: None

RED AND GREEN FRUITS: Figs

OILS: Cocoa butter from the chocolate

NUTS AND SEEDS: Nut mix

GRAINS: None

THE STRONG
SALAD

This energy-packed salad will satisfy your hunger while providing an unassailable mix of vitamins and minerals.

IN A BOWL, COMBINE:

1½ cup spinach
3 oz (about ⅓ cup) turkey breast
3 strips of bacon (crumbled)
¼ cup black beans (drained)
¼ cup walnuts
1 hard-boiled egg (chopped)
¼ cup All Bran cereal

When ready, add your homemade dressing.

443 calories /
 15 g fat (5.5 g saturated) /
 631 mg sodium / 10.5 g fiber /
 3 g sugar / 46.5 g protein

FOR THE DRESSING, COMBINE IN A SMALL JAR AND SHAKE:

6 Tbsp extra virgin olive oil
4 Tbsp lime juice
1 Tbsp Dijon mustard
¼ tsp coarse sea salt
A few sprinkles of dried Italian herbs (basil, oregano, thyme)

You can also stir it, but it will separate; shaking it keeps it blended longer. **MAKES 4 SERVINGS**

27 calories /
 4 g fat (0.5 g saturated) /
 175 mg sodium

STARCHES: Black beans

TURKEY AND OTHER LEAN PROTEIN: Hard-boiled eggs and crumbled bacon

RED AND GREEN FRUITS: Lettuce, spinach, or chopped kale

OILS: Extra-virgin olive oil-based dressing

NUTS AND SEEDS: Walnuts

GRAINS: All-Bran cereal



THE **LEAN** PHASE

IN JUST 4 DAYS YOU WILL STRIP FAT FROM YOUR BELLY FOR GOOD!

In the **LEAN** Phase, you'll follow a brief calorie-reduction protocol in which you'll reduce your calories to about 50 percent of what you normally eat. That means about 900 calories for the average woman and 1,000 calories for the average man. To do it, you'll reduce the amount of calorie-heavy saturated fat and carbohydrates in your diet, substituting more low-glycemic carbs and high-protein, high-fiber foods.

You'll notice that certain staples of the **STRONG** Phase—in particular grains and starches—are completely missing from the **LEAN** Phase, while others, like meat and dairy, are tweaked substantially. That's because in this phase, you'll be essentially pressing your body's reset button, giving it a break from the strain of digesting a high-fat, high-protein diet and from the efforts of the high-energy workouts you'll be investing in.

Why not do a low-calorie diet for all 36 days? Because low-calorie diets don't work. First, you won't be able to stick to one. Your body will eventually demand more calories, and you'll have to throw in the towel and head for the Doritos. Plus, low-calorie diets don't lead to long-term weight loss. Over time, your body will begin looking for the most convenient energy source, and it will go after your muscles—which is where fast-burning glycogen is stored—while reserving your belly fat for the famine it senses on the horizon.

LEAN FOODS, TO BE EATEN DURING THE **LEAN PHASE:** Mono-unsaturated fats (olive oil, avocado, canola oil, nuts); omega-3 fatty acids (fish, seeds); vegetables; high-fiber foods. Two whole categories—starches and grains—step out of the picture, although you won't eliminate them entirely. You'll instead cut down on starches and saturated fats for these four days. You can identify the four **LEAN** foods with this handy cheat:




LEAN PROTEINS LIKE FISH AND EGGS

You already know the value of adding more protein into your diet—it's critical for metabolism maintenance and appetite control. But many of the dietary sources of protein also come with high fat and calorie counts. That's not something you'll worry about during most of this 36-day program—let full-fat dairy fly.

But during your four-day **LEAN** phase, you'll need to judiciously cut down on calories while still maintaining a healthy balance of fats and proteins. To do it, you'll eliminate the higher-calorie sources of protein and focus only on foods that deliver a protein punch with less of a caloric whallop.

 **Eat This!** Omega-3 eggs, halibut, wild salmon, tuna, sardines, shellfish

 **Not That!** Avoid at all times: Chicken, low-fat or fat-free dairy, tilapia, catfish, farmed salmon, any protein source that's breaded and fried (like fish sticks)

Avoid during 4-day **LEAN phase only:** Beef and veal, turkey, cheese, milk, yogurt, and other dairy



EXTRA-VIRGIN OLIVE OIL

and other healthy fats

Since you'll be dramatically cutting down on the fats you get from animal sources, it's important to keep up your intake of healthy plant-based fats like extra-virgin-olive oil [EVOO], canola oil, and avocado, while being extra vigilant to avoid soybean oil and other sources of LA.

👉 Eat This! Coconut oil, palm kernel oil, cocoa butter, canola oil, walnut oil, peanut oil, avocado oil, macadamia nut oil, olive oil, flaxseed oil, real butter

🚫 Not That! Soybean oil, safflower oil, corn oil, poppyseed oil, "vegetable oil," partially hydrogenated oil, shortening, margarine, almost all commercial salad dressings (they're made with soy), palm oil

APPLES AND OTHER RED AND GREEN PRODUCE

You'll continue to focus on whole produce with a special emphasis on red and green fruits and vegetables. However, starchy produce like potatoes, bananas, and corn have to take a backseat for the next four days.

👉 Eat This! Berries, apples, citrus fruits, melons, leafy greens (spinach, lettuce, chard, kale, watercress), grape tomatoes, red bell peppers. Special shout-out to kiwi for its high levels of omega-3 fatty acids; make it your go-to fruit a few times a week.

🚫 Not That! Dried or canned fruit, both of which can be high in added sugars

Avoid during 4-day LEAN phase only: Potatoes, bananas, corn, other starchy fruits and vegetables

NUTS AND SEEDS

Although they're high in calories, nuts and nut butters are so efficient at fighting fat—thanks to their unique combination of fiber, protein, and healthy fat—that you'll continue to enjoy them in this phase as well.

👉 Eat This! Chia seeds, ground flax meal, nuts of any kind (especially walnuts for their omega-3s and macadamia nuts for their appetite-suppressing oleic acid), peanut butter and nut butter, seeds of any kind

🚫 Not That! Soy butter, "reduced-fat" peanut butter or peanut butter with added sugar or palm oil

LEAN SAMPLE MENU

BREAKFAST

2 eggs scrambled
+ 1 cup baby spinach
+ 1 small corn tortilla

LUNCH

½ cup white cannellini beans
+ 1 cup chopped arugula
+ ¼ cup grape tomatoes, sliced
+ 1 tablespoon EVOO
+ 1 teaspoon red wine vinegar

DINNER

4 ounces grilled halibut
+ 1 cup string beans, roasted
+ ½ cup cubed potatoes, roasted
+ freshly squeezed lemon

SNACK

½ cup cubed mango
with chili powder and
lime juice

3-MINUTE GO-TO MEALS

These four insta-meals and snacks will put you square in the LEAN zone: They total 914 calories, exactly where you want to be for the four-day phase of this program. You could easily break your fast with the LEAN Instant Breakfast, have the LEAN Smoothie for lunch, enjoy the LEAN Snack and then follow up with the LEAN Salad. And doing that for four days wouldn't be so miserable, but of course, I've given you plenty of other menu options as well.

THE LEAN SMOOTHIE

This smoothie delivers all of the healthy protein, fat, and fiber you need, but with a solidly reduced calorie count.

COMBINE IN A BLENDER AND BLEND UNTIL SMOOTH:

- 1 cup unsweetened almond milk
- 1 Tbsp chia seeds
- ½ cup frozen raspberries
- ½ kiwi
- 1 scoop vanilla protein powder

The kiwi and chia combine to give you a solid blast of omega-3 fatty acids.

253 calories /
11 g fat (0.5g saturated) /
216 mg sodium / 9 g fiber /
21.5 g protein / 11.5 g sugar

LEAN PROTEIN: Protein powder

EXTRA-VIRGIN OLIVE OIL AND OTHER HEALTHY FATS: Chia seeds

APPLES AND OTHER RED AND GREEN PRODUCE: Raspberries, kiwi

NUTS AND SEEDS: Chia seeds

THE LEAN INSTANT BREAKFAST

During this four-day period you'll remove dairy in order to cut calories without having to eat a lot less food. As with the smoothie, a little tweak is all you need.

FILL A BOWL WITH:

- ½ cup All-Bran or similar cereal

TOP WITH:

- ½ cup blueberries
- 1 tsp flax meal
- 1 cup unsweetened almond milk

183 calories /
6 g fat (0 saturated) /
230 mg sodium / 6 g protein
13 g sugar / 15 g fiber

LEAN PROTEIN: None

EXTRA-VIRGIN OLIVE OIL AND OTHER HEALTHY FATS: Flax meal

APPLES AND OTHER RED AND GREEN PRODUCE: Berries

NUTS AND SEEDS: Flax meal

THE LEAN SALAD

The **LEAN** Salad is an easy tweak: You just eliminate the bacon for the next four days. As sad as this sacrifice might be, this little adjustment to the core recipe puts you square in the **LEAN** zone. And no worries: There are plenty of 350-calorie meals to choose from if a salad just isn't cutting it for you.

340 calories /
7 g fat (3 g saturated) /
192 mg sodium / 10.5 g fiber /
39.5 g protein / 3 g sugar

LEAN PROTEIN: Turkey, eggs

EXTRA-VIRGIN OLIVE OIL AND OTHER HEALTHY FATS: EVOO

APPLES AND OTHER RED AND GREEN PRODUCE: Spinach or other leafy greens

NUTS AND SEEDS: Walnuts

THE LEAN SNACK

Super simple and super **LEAN**: Use a handful of baby carrots to scoop up 4 tablespoons of hummus. This fiber-rich snack will keep you full until dinner time.

138 calories /
5 g fat (1 g saturated) /
210 mg sodium / 5 g fiber /
0 g sugar / 3.5 g protein



For more on this groundbreaking program, plus dozens of simple recipes and the complete workout plan, go to EatThis.com/abs

LEAN WORKOUT

During the LEAN phase of this plan, you will be focusing as much on the mind as you will on the body. Because you're eating fewer calories, you'll do easier, lighter weight and cardio workouts, and spend 20 minutes every other day focusing on stress relief and stretching.

4-DAY LEAN PHASE WORKOUT PLAN

Each workout should be approximately 45 minutes long

Day One: Full-body weight workout using light weights (about ¾ as heavy as you've been using in previous workouts).

Day Two: 25-minute cardio workout; 20-minute self-guided yoga workout or stretching routine

Day Three: Full-body weight workout using light weights

Day Four: 25-minute cardio workout; 20-minute self-guided yoga workout or stretching routine



The

Most Influential People *in* Food

As anyone who's ever argued with a recalcitrant 3-year-old knows, being able to convince someone to change how they eat is the most elusive power of all. So if you can influence the food world, you can influence the entire world. After all, everybody's got to eat.

In these pages, we're bringing to life some of the folks who influence the way we eat today. Some of them are expected: the groundbreaking chefs, the major food marketers and the leading nutritionists. But not everyone on this list is a food expert; many are influencers from other fields who are impacting the way we eat simply because their take on food is powerful and unique. Read on and discover whose fingers will be in your pie in the coming year.

Our mega list of who's impacting the way we eat today, from thought leaders and food activists to the chefs who are changing our taste buds forever.

For more of the most influential people in food, go to EatThis.com.



The SINGULAR LADY

With 45 million Instagram followers, **Beyoncé** can make anyone and anything famous with the snap of her cell phone. But along with husband Jay-Z, she's become one half of an unlikely pair of advocates for the vegan lifestyle. In winter of 2013, the two musical superstars gave up all animal products for 22 days and shared their weight-loss results with the world. Since then she's joined their longtime personal trainer, Marco Borges, in launching 22 Days Nutrition, a plant-based home-meal delivery service (and the basis of a best-selling diet book). Will a catchy pop song about not eating animals be next?

THE FOODIES

The SCALE TIPPER

Danny Meyer, the CEO of Union Square Hospitality Group, has created some of the world's best eating, beginning with Union Square Café—which has become a New York landmark, winning five James Beard Awards. Meyer doesn't limit himself to gourmet dining; his most notable success is Shake Shack, the burger joint that he started as a hot dog cart in 2001. But his most recent move may be his most influential; in October, Meyer eliminated tipping at his restaurants, upping prices (and base pay) instead, and perhaps one day changing completely the way we pay for dinner.

The SPANISH TEACHER

The mastermind who brought Spain's tapas tradition to American tables, **Jose Andrés** is often referred to as Spain's unofficial ambassador to the United States. Originally from northern Spain, Andrés learned his craft at the School of Restaurants and Hotels of Barcelona and trained at the Michelin-starred El Bulli. Andrés made his American debut in 1990, first in New York, and then in Washington D.C. While still a D.C.-based chef, Andrés currently serves at the dean of the Spanish studies program at the International Culinary Center in New York; he's also chairman emeritus for DC Central Kitchen, and serves on the U.S. Travel and Tourism Advisory Board.

The GEEK GOURMET

Geek-chic Food Network star **Alton Brown** claims that he learned to cook to help him get dates in college, but his real culinary prowess took off after he decided to leave a decade-long career in film cinematography (he served as director of photography for R.E.M.'s "The One I Love" video) to pursue culinary school. Today he's a staple on the Food Network, and his presence on TV only grows, especially with the irresistible and offbeat *Cutthroat Kitchen*.

The PRESIDENT'S FARMER

Dan Barber is co-owner and executive chef at Blue Hill in New York's West Village and Blue Hill at Stone Barns, a farm and education center in upstate New York. Barber can be streamed giving a



The SHAMAN of RAMEN

Most Americans know **David Chang** from HBO's *Treme*, as the chef at Lucky Peach (Momofuku, the name of his real-life restaurant group, means "Lucky Peach" in Japanese). After paying his dues in American restaurants, Chang moved to Japan to immerse himself in the Tokyo ramen scene, the move that inspired his first restaurant. In 2010, Chang founded the Momofuku lab, a research kitchen designed to support his restaurant group by creating innovative formulas for soy sauce and miso. Chang launched a literary food magazine in 2011, aptly named *Lucky Peach*.

TED talk about the importance of ecological and sustainable farming systems and the impact on the food we eat. His passion for farm-to-table reform is the topic of his best seller *The Third Plate*:



Field Notes on the Future of Food. President Obama recently nominated Barber to serve on the President's Council on Physical Fitness, Sports and Nutrition, while *Time* named this chef as one of the world's most influential people.

The BOSS of BOSSES

When **Bob Tuschman** joined the fledgling Food Network in 1998 as an executive producer, nary a foodie had heard of the all-cooking-all-the-time channel. A longtime news producer, Tuschman used his network background to create the station's cornerstone cooking show block: *30 Minute Meals*, *Barefoot Contessa*, and *Everyday Italian*, launching the careers of Rachael Ray, Ina Garten and Giada De Laurentiis. Still the mastermind behind Food Network's shows, Tuschman has a bit of Simon Cowell in him: He appears on screen as a tough-to-please judge on *Food Network Star*.

The THREE-STAR GENERAL

Thomas Keller is a big deal, maybe the biggest, as the only American-born chef to have multiple three-star Michelin ratings for his Napa Valley restaurant, the French Laundry, and New York landmark Per Se. In addition to his accolades



The OLD-WORLD ENTREPRENEUR

Oscar Farinetti isn't a household name. If he were to join business partner Mario Batali on the Food Network, you might think, "Who is that Italian guy?" That Italian guy is the founder and creator of Eataly, the largest Italian marketplace in the world, with locations in New York and Chicago; his Boston location is scheduled to open in 2016 at the Prudential Center. Each location is an experience in and of itself, consisting of individual restaurants, food and beverage counters, bakeries, retail items, and a cooking school.

as a chef and author, Keller's lesser-known claim to fame is in Hollywood, where he served as a consultant on films like *Ratatouille* and *Spanglish*.

The GASTROPUB GENIUS

Back in the early 2000's, Mario Batali was scouting for a chef to

open a new gastropub with such investors as Bono, Jay-Z, and Michael Stipe. Batali found **April Bloomfield** in London's River Cafe, and the rest was hipster history. After earning a Michelin star for the Spotted Pig in 2005, Bloomfield opened the it-feels-like-Williamsburg Breslin at the Ace Hotel in Manhattan. With more than 93,000 Instagram followers, Bloomfield is a touchstone for food-obsessed millennials.



The FOOD SCIENTIST

In the world of **J. Kenji López-Alt**, chefs aren't artists or craftsmen. They're chemists, and great cooking is simply the result of knowing how to manipulate the laws of physics. A former undergrad at MIT, Kenji (as he's known in the food world) took his scientific



The FOOD COURT JESTER

If you're the director of communications for a major food company, having your product featured on *This Week Tonight with John Oliver* is not the exciting PR bonanza you might have hoped. While political follies are the primary fodder for comedy news shows, Oliver loves to set his sights on the food industry. His exposé on sell-by dates and food waste was picked up by a number of "real" news outlets, and he's scored points against everyone from Kellogg's and Olive Garden to McDonald's and Whole Foods. His most recent campaign, #showusyourpeanuts, calls upon viewers to support legislation that would reveal added sugars in packaged foods (by labeling them with disgusting orange circus peanuts).

training into the kitchen, where he geeked out on hyper-detailed dissections of everything from boiling water to roasting chicken, creating the "Food Lab" column for SeriousEats.com. His video series of the same name is less a celebration of food than an exploration of the universe—the universe in your kitchen, that is.

The NEW KID on the BLOCK

At 16, **Chef Flynn McGarry** has achieved the sort of notoriety that some chefs work their entire

careers to achieve. He's already graced the cover of the *New York Times* magazine (when he was 15), has a cultlike Instagram following and has a sold-out dinner series at his pop-up restaurant Eureka, located in New York's West Village.



The teenage food phenom has no kitchen staff; every morsel of his 14-course, \$160 per plate tasting menu is planned and prepared by him.

The WORDSMITH

Adam Sachs has made a living making people hungry with words. The editor in chief of *Saveur* magazine earned his stripes as the editorial director of Tastingtable.com, and as a contributing editor for various magazines. Our list isn't short of James Beard Award winners, and Sachs is no exception, but he didn't earn his in the kitchen; he earned his three awards with his stylish writing on the world of comestibles.

The INVISIBLE CHEF

Unlike most "celebrity" chefs, **John Mitzewich**—better known simply as Chef John—doesn't want his face bursting into your living room or kitchen every time you turn on the TV or tablet. He's gathered his 1.2 million YouTube subscribers to his Food Wishes channel with a calming off-camera voice that reminds you of the teacher who took you under his wing when you got lost in the hallway of your new school. His instructional videos—spare, closely shot, and authoritative—have made him one of America's premier culinary coaches.

The EVERYDAY SUPERSTAR

Arguably the most famous celebrity chef of our time, **Rachael Ray** didn't study at Le Cordon Bleu or The Culinary Institute of America; she learned the ropes at a Howard Johnson restaurant in upstate New York, where her mother worked as a supervisor. When a local news station covered her popular cooking classes, a local star was born. Eventually the Food Network, and the rest of America, took notice.

The GORGEOUS GOURMET

Chrissy Teigen isn't just a pretty face; she's a pretty serious foodie. While the Utah-born beauty has been a regular in the *Sports Illustrated* swimsuit issue since she made her debut in 2010, she didn't become a household name until she appeared in the music video for her husband John Legend's song "All of Me" in 2013. While other models might have used the attention to focus on their fashion career, Teigen used her social media following to showcase her culinary curiosity. More than 3 million people follow her eating adventures on Instagram and then head to her blog www.sodelushious.com to learn how to cook like a super-model. Teigen has teased her social media following with an upcoming cookbook, but for now they'll have to be sated by her online recipes and her daily food segments on Tyra Banks's new show *FABLife*.



THE TASTEMAKERS

The PENNY-PINCHING POWERHOUSE

When the recession hit in 2008, **Gabi Moskowitz**, a San Francisco native, was working as a personal chef, "not making much money, but surviving." It wasn't herself she was worried about, Moskowitz told *Eat This, Not That!*, it was her newly unemployed friends—who up until then worked long hours in companies that supplied their meals. "I started [a blog], *BrokeAss Gourmet*, for the cook who might only have \$20 in his checking account and little to no kitchen experience—he deserves a high-quality meal just as much as anyone else." Her budget-based cooking blog took off, leading to

two cookbooks and a TV show. In 2014, ABC Family debuted *Young & Hungry* a comedy based on Gabi's blog, books, and, in part, her life.

The FISHMONGER

Ever wonder why you can go to a restaurant right on the coast of the Atlantic ocean and still have to choose between Mediterranean branzino, Chilean sea bass, or Norwegian salmon? Even though the U.S. controls more of the ocean than any other country on Earth, about 85 percent of the fish we eat here is shipped in from overseas—while the vast majority of our own fresh fish is sent abroad. Investigative journalist **Paul Greenberg**, author of the books *Four Fish* and *American Catch*, has been raising the alarm about this phenomenon for the past several years. And it matters, he says, because the nutritional value of the fish we're importing—farmed salmon, tilapia, catfish, and shrimp—doesn't hold a candle to the wild creatures that populate our native shores. Greenberg spreads his gospel through books and lectures at places as diverse as the U.S. Supreme Court and Google's headquarters, and through private dinners at top American seafood restaurants.

The BEET REPORTER

Author, journalist, and writer behind *The New York Times*' "The Minimalist," **Mark Bittman** has never been a professional chef, but he has become one of the pre-eminent personalities in foodie culture over the course of his 30-year career. Six years ago, Bittman was overweight and prediabetic, and needed to make a lifestyle change. What started out as a personal quest to regain his health became the basis of his *New York Times* bestselling diet book, *VB6* or *Vegan Before Six*. Bittman didn't want to give up the foods he loved, so he decided to moderate them. His new venture is creating vegan home-delivery meals for The Purple Carrot.

The FOOD PORNO-GRAPHER

With their obscene concoctions built from bacon, Jack Daniels, fast



food burgers, and “sowsss,” **Harley Morenstein** and his cast of gourmands at Epic Meal Time use their YouTube channel to parody the excess of today’s restaurant culture. Yet sometimes the team’s efforts to outgross the restaurants just serve to show how badly our food culture treats us. Their recent Maximum Mac & Cheese episode yielded a dozen over-the-top recipes, yet their worst concoction—cheesy noodles spiked with pepperoni, bacon, and sausage—weighed in at 730 calories and 54 grams of fat per serving. An order of Uno Pizzeria & Grill Deep Dish Mac & Cheese? 1,690 calories and 105 grams of fat.

The OVERNIGHT SENSATION

If you’ve ever heard of Overnight Oats, you have **Kath Younger** to thank. The Charlottesville blogger/registered dietician/bakery owner put custardy, cooking-free oatmeal parfaits on the food map when she started blogging about her 30-pound weight-loss journey in 2006. Her blog focuses on eating unprocessed, healthy food without obsessing over dieting. She now shares her recipes and nutrition tips with magazines like *Oprah* and *Shape*, among others.



THE POLICY MAKERS

The CHAIRMAN of CHOW

Even if you don’t live in the Midwest, Kansas **Senator Pat Roberts** plays a big part in the way you and your children eat. As chairman of the Senate Agriculture Committee, he is the locus of influence on all national matters having to do with agriculture, farming programs, and legislation relating to nutrition and health. Currently, Roberts is leading school-lunch reform efforts, working on bipartisan legislation that would keep much of the nutrition gains implemented with the Healthy Hunger-Free Kids Act.

The RAIN MAN

As comeback stories go, few can compare to that of California **Governor Jerry Brown**. Elected in 1974 as the state’s youngest governor, he was sworn into office once more in 2010 as its oldest. Inheriting the state with a \$19B budget deficit, he soon faced another challenge: a drought that threatened the food supply of the entire nation. California farmers produce more than a third of the nation’s vegetables and two-thirds of its fruit and nuts. As a result, the average American consumes 300 gallons of California water every year, according to estimates by *The New York Times*. As the state prays for salvation from this year’s El Nino, Brown will be the lightning rod for many stormy arguments to come.

The CALORIE RECYCLER

Forty percent of food in the United States ends up in the garbage. The U.S. Department of Agriculture, spearheaded by

Secretary Tom Vilsack and the USDA, announced an initiative that would reduce food waste by 50 percent over the next 15 years. In a statement released by the USDA, Vilsack spoke of the financial, social, and environmental effects of wasted food: “An average family of four leaves more than 2 million calories, worth nearly \$1,500, uneaten each year.” You can learn more about cutting back on your own food waste at the USDA’s website.

THE BUSINESS LEADERS

The HOMEBODY

Matt Salzburg, CEO of Blue Apron, has changed the way Americans eat dinner. The popular culinary subscription service, recently valued at \$2 billion, delivers more than a million meals-in-the-making a month and, in doing so, has created an army of at-home celebrity chefs, armed with keepsake recipes and dinner-party bragging rights. Salzburg and his staff work with local farmers to ensure seasonal ingredients find their way to their clients’ kitchens without having to make their way through the supply chain of distributors and markets in exactly the right amounts needed for each recipe, ensuring farm-to-table freshness and cutting back on food waste, all for the same price point as fast food.

The DELIVERY MEN

Matt Maloney and **Mike Evans** are the men who made pants optional dinnertime accessories. In 2004, the now CEO and COO of GrubHub (which recently merged with Seamless), were Web developers working late at the offices of

Apartments.com, and they were hungry. Frustrated by a lack of credit-card-friendly delivery options, the two hatched a plan to combine food deliveries and credit-card ordering on a single website. It was an idea that would eventually lead to a billion dollars a year in gross food sales. But be careful with that keyboard: A 2015 study published in *Management Science* found that people eat more calories when they order online; it turns out the awkward task of announcing your delivery order to a stranger on the phone is more likely to keep your eating in check. Luckily, Grubhub has “healthy” as one of its search options.

The WELL-PRESSED EXECUTIVE

When **Eric Helms** opened the first Juice Generation in 1999, no one had heard of green juices, and smoothies weren’t quite the dietary staple they are now. Helms struggled before finding his market in a small, dedicated group of Broadway performers who credited his nutrient-dense juices with the energy they needed to sustain long days of dancing and singing. Today Helms is on a mission to introduce the benefits of juicing to the public, \$20-a-week in produce at a time.

The BURRITO BARON

Steve Ells is one of the highest paid CEOs in the publicly traded world, 27th highest to be exact, and for good reason: Ells, a former chef, was just 28 when he founded Chipotle Mexican Grill with the distinct mission of changing the way the world sees fast food. His idea was to upgrade the industry by using high-quality ingredients and traditional cooking tech-



The LADY *Who* BRINGS LUNCHES

Lauren Bush Lauren learned firsthand about communities struggling with malnutrition in Cambodia, Chad, and Guatemala while she worked with the World Food Programme. Inspired by how one meal a day could make an enormous impact in the life of a child, Lauren used her background in fashion to launch the FEED line of accessories, most notably the bags available upon checkout at Whole Foods Markets. Each FEED product is stamped with the number of meals that will be provided to children in need with its purchase, and the bags are made by local artisans, providing sustainable income to their communities.

niques. Earlier this year Chipotle announced that all of its ingredients will be GMO free. Ells’ commitment to stocking his kitchens with naturally raised pork, beef and chicken and organic and sustainably grown produce has become an industry game-changer; Yum! Brands, the parent company of food court favorites Taco Bell, KFC, and Pizza Hut, followed in Chipotle’s footsteps in 2014, when they launched their own brand of responsibly sourced ethnic fast food, Banh Shop.

The KID *in the* PICTURE

Ben Silbermann’s brainchild, Pinterest, has become a must-have for DIYers and foodies alike. On Pinterest, food lovers can search out recipes, kitchen tutorials, and entertaining inspiration from the bloggers, experts, and celebrities they love; in return those Internet experts amass a whole new audience. Everyone wins, especially Mr. Silbermann, whose company is now valued at \$11 billion.

The Joy of Bitterness

Australian chef Jennifer McLagan is a champion of forbidden foods and challenging cuisines. Dare to explore her take on the world's most dangerous flavor.



Adapted from *Bitter: A Taste of the World's Most Dangerous Flavor, with Recipes*, by Jennifer McLagan (Ten Speed Press, 2015).

Sugar is a persuasive seducer.

It is everywhere in our diet, and it's easy to succumb. It lurks in manufactured foods, even the savory ones, and in fat-free goods to give them taste. Alarmingly, it is turning up in increasing quantities in our fresh fruits and vegetables, which are now much sweeter than they were just a generation ago.

Grapefruit are a prime example. Originally white with a delicious bitter edge, they are now mostly sweet. Florida exports twice as many sweet red and pink grapefruit as it does bitter white ones. Farmers are breeding less-bitter vegetables; eggplants are no

longer bitter, and there is even a sweeter variety of Brussels sprouts to satisfy our sweet tooth. What's wrong with this? Many things. Too much sugar is bad for us, and also it corrupts our palate, keeping our tastes infantile. Without bitter in our diet, we deprive ourselves of the complex depth of taste it brings to our food and drink.

Bitter can be hard to like because we all have an innate aversion to it. The taste buds that cover our tongue are very adept in detecting even the smallest traces of bitterness. In the past this protected us from being poisoned, as some very bitter foods can be toxic when consumed in quantity. If you recall your first sip of coffee, it is probably not a positive taste memory. Yet as we age, we lose taste buds, so bitter foods taste less bitter. We learn, with time and experience, that not all of them will kill



us and realize that many stimulate our nervous system in ways we enjoy.

Recently our awareness, and appreciation, of bitterness has grown. Two early forces behind bitter's revival in North America are olive oil and coffee, which have subtly modified our palates. Quality olive oils and the darkly roasted beans that independent coffee shops specialize in have bitterness and astringency as part of their flavor profile. Both are popular and rarely thought of as "bitter." Craft brewers followed suit, moving us from bland beers to very hoppy, bitter ales. Gradually we have become accustomed to these bitter beverages and this has ignited a cocktail revolution in bars all over the country. Cocktails based on bitter Italian alcohols, such as Campari, have superseded those fruity sweet drinks of a few years ago, and this has led to an explosion in the range of artisanal cocktail bitters. We are all clamoring for bitter libations.

Slower to catch on, however, is bitter food. Many of us have discovered the value of bitterness when tasting artisanal chocolate bars. Like brewers, chocolatiers are expanding our taste expectations by reducing the sugar and raising the cocoa content in their chocolate. This produces a more complex, satisfying chocolate bar where the flavor of the bean is not masked by added sweetener. In the last decade or so, there has been an increase in the consumption of bitter lettuces, beginning with mesclun mix. Now bitter greens like arugula, dandelion, radicchio, and frisée are making their way into our kitchens. Chefs are helping this swing to bitter by championing heirloom and organic fruits, vegetables and foraged foods, all of which have bitter notes.

All these factors have helped educate our palates to appreciate bitter. But the latest boost to

bitterness is coming from health advocates. They see it as a necessary part of our diet and are backing up their opinion with a large and increasing body of research. While bitterness can be a sign of toxicity, more commonly it indicates that a plant contains a wealth of phyto-chemicals. These chemicals are the plant's defense against disease and predators, and the same chemicals can protect us too, positively influencing our long-term health. Their effect is cumulative: They inhibit the growth of cancer cells and tumors, prevent damage to our arteries and the development of heart disease, and help us fight numerous other illnesses. While red grapefruit are pretty, they contain much less naringin, a beneficial bitter phytochemical that fights cancer. The bitter glucosinolates in brassicas, like Brussels sprouts, help to detoxify our bodies, so we don't want a less-bitter variety. Today we know the food we consume is closely linked with our health, and this is focusing more attention on the benefits of bitter foods and drinks.

As bitterness makes its way back into the North American culinary consciousness, our palates are finally growing up. With the coming of age of our sense of taste we understand the importance of bitter in the flavor spectrum. Cooking and eating are about balancing tastes, and bitter plays a vital role; it is crucial to the composition of a meal, and without it our food and drink lacks complexity and depth. Bitter does not seduce like sugar; it is a cultured, intriguing, and sophisticated taste for adults.

Roasted Squab with Ganache

Ganache is a mixture of chocolate and cream, used to fill and ice chocolate cakes, or to make the centers of chocolates. This not-too-sweet version makes an excellent match for game birds.

YOU'LL NEED

- 2 squab, about 12 ounces each
- Sea salt and freshly ground black pepper
- 2 Tbsp chicken or duck fat
- ½ cup chicken stock, preferably homemade
- ½ cup whipping cream (35 percent fat)
- 1 oz chocolate (70 percent), chopped

HOW TO MAKE IT

- Preheat the oven to 450°F. Remove the wishbones from the squabs, then pat dry and season inside and out with salt and pepper. Truss, or just tie the legs and the tail together, then fold the neck flap under, securing it by tucking the wings under the bird.
- Heat the fat in a large ovenproof frying pan over medium-high heat. Brown the birds on all sides. Turn the birds on their backs and place the pan in the oven and roast for 20 minutes or until the internal temperature in the thigh registers 155°F on an instant-read thermometer.
- Remove the pan from the oven, transfer the cooked birds to a warm platter, breast side down, cover loosely with aluminum foil, and let them rest.
- Meanwhile, remembering that the handle will be very hot, discard the fat from the pan, add the stock and cream, and bring to a boil, deglazing the pan by scraping up the browned bits from the bottom. Continue to cook the sauce until reduced to about ½ cup.
- Remove the string from the squabs and cut in half, removing the backbone. Cut each squab half into 2 pieces between the breast and thigh. Place 2 squab pieces on each of 4 warmed plates. Add the squab juices to the pan and reduce the heat to low. Whisk in the chocolate and season the sauce with salt and pepper. Spoon the sauce over the squab and serve.

*A game bird coated in
a rich, dark, intense sauce
that is not at all sweet.*



Pork Chops in Coffee– Black Currant Sauce



*Coffee's bitterness is
a perfect foil for a pork chop
with a good layer of fat.*

The taste of black currant is complex, with hints of chocolate, which ties the rich pork and bitter coffee together. Use preserves with whole fruit as its first ingredient, rather than a sweet jelly.

YOU'LL NEED

- 4 rib pork chops, about 1½ inches
- Sea salt and freshly ground black pepper
- 2 Tbsp lard
- 1 shallot, finely chopped
- 1 large branch fresh thyme
- 1 cup brewed coffee
- 1 cup chicken stock, preferably homemade
- 1 heaping Tbsp black currant preserves

HOW TO MAKE IT

- Twenty minutes before cooking, remove the pork chops from the refrigerator. Pat dry and season with salt and pepper. In a frying pan large enough to hold the chops, heat the lard over medium-high heat. When the fat is hot, add the chops and brown for 2 minutes on each side.
- Transfer the chops to a plate, lower the heat, and add the shallot and thyme to the pan. Stir and cook until the shallot begins to color. Pour in the coffee and chicken stock and bring to a boil, deglazing the pan by scraping up the browned bits from the bottom. Boil to reduce the sauce by about half.
- Return the chops to the pan and lower the heat so the liquid is simmering. Cook the chops for 5 minutes, basting with the sauce from time to time. Turn the chops and cook for another 5 minutes, or until cooked.
- Place the chops on a platter and keep warm loosely covered with aluminum foil. Remove the thyme from the pan and add the black currant preserves. Stir and cook the sauce until syrupy and reduced to about ½ cup. Return the chops to the pan with any juices, and turn to coat with the sauce. Check the seasoning of the sauce—remember it should be pleasantly bitter—and serve the chops, spooning over the sauce.

VARIATION

- Try this sauce with venison or wild boar chops, and replace the thyme with rosemary.



White Asparagus with Blood Orange Sauce

The season for white asparagus and blood oranges just overlaps at the beginning of spring. You can use a regular orange, but the flavor won't be quite the same.

YOU'LL NEED

- 12 large fat white asparagus
- 1 blood orange
- 1 Tbsp whipping cream (35 percent fat)
- Sea salt and freshly ground black pepper
- ½ cup cold unsalted butter

HOW TO MAKE IT

- Cook the asparagus in lightly simmering water until tender. While the asparagus are cooking, finely grate the zest from the orange and then squeeze the juice. Place both the zest and the juice in a small saucepan and bring to a boil over medium high heat. Reduce the heat and boil gently until the mixture is reduced to about 2 tablespoons. Stir in the cream and season with salt and pepper.
- Drain the cooked asparagus and keep warm in a low oven.
- Cut the butter into 6 pieces. Place the pan with the juice and cream mixture over very low heat and slowly whisk in the butter, thoroughly incorporating each piece before adding another. While you're whisking, keep the sauce warm, but not hot, so that the mixture emulsifies and the butter doesn't melt into the sauce. When all the butter is incorporated, taste, adjust the seasoning, and serve over the cooked asparagus.
- Remember that butter sauce is a warm sauce, not a hot one, and it should be served as soon as it is made. You can hold it for a few minutes by placing the sauce in a pan of barely warm water, around 120°F.

Radicchio and Pumpkin Risotto



“I love the winey hue that radicchio gives the rice in this dish, and the way its bitterness balances the pumpkin’s sweetness.”

Use a firm, dry pumpkin (or squash) like Hubbard or kabocha, which has a mild chestnut flavor. And do use homemade stock, as it will make all the difference.

YOU'LL NEED

- 2½ cups chicken stock, preferably homemade
- ¼ cup unsalted butter
- 1 shallot, finely chopped
- 1 6-ounce pumpkin, cut into ½-inch cubes, about 1¼ cups
- Sea salt
- 5½ oz radicchio leaves, rinsed and trimmed
- ½ cup risotto rice (Vialone nano, Arborio, or Carnaroli)
- 2 Tbsp white wine or dry vermouth
- Freshly ground black pepper
- Parmesan cheese

HOW TO MAKE IT

- Pour the stock into a saucepan and bring to a boil. Lower the heat so the stock barely simmers.
- In another saucepan, melt half the butter over medium heat. Add the shallot and cook until translucent. Add the diced pumpkin and stir to coat the pieces with the butter. Season with salt, and cook until the pumpkin starts to soften slightly at the edges, about 5 minutes.
- Meanwhile, cut the radicchio leaves in half lengthwise, then crosswise into ¼-inch strips. You should have about 4 cups
- Add the rice to the pan, stirring to warm the grains and coat them in butter. Stir in the radicchio and continue stirring until it wilts and changes color. Pour in the wine and cook, stirring until it evaporates; season with black pepper. Now add a ladleful of hot stock and keep stirring the simmering rice constantly until the liquid is almost completely absorbed. Continue adding the stock, one ladleful at a time, when the previous liquid is almost completely absorbed.
- After 20 to 25 minutes, the pumpkin should be cooked and the rice should be creamy and cooked but still slightly al dente. Remove the saucepan from the heat and let sit for 2 minutes. Check the seasoning, stir in the remaining half of the butter, and serve in warm bowls. Grate Parmesan over the top.



Beer Jelly

This beer jelly isn't dessert; it's distinctively savory, and that's what makes it interesting. I discovered it at Semilla restaurant in Paris, where it accompanies the house-smoked salmon. The salmon was delicious, but the jelly grabbed my attention. Serve it with a plate of Cheddar cheese, smoked sausage, and pickles.

YOU'LL NEED

- | | |
|-----------------------------------|------------------------------------|
| 2 cups cold wheat beer | ¼ cup superfine (caster) sugar |
| 1 package (¼ oz) powdered gelatin | 2 tsp freshly squeezed lemon juice |
| ½ tsp sea salt | |

HOW TO MAKE IT

- Pour ¼ cup of the beer into a small saucepan, sprinkle over the gelatin, and let stand for 5 minutes. Add the salt.
- Pour the remaining beer into a bowl and add the sugar and lemon juice, then stir to mix. Stir the beer a few times to get rid of the foam. Rinse the ice cube trays with water; it will make the jelly cubes easier to unmold.
- Place the saucepan over low heat and stir to dissolve the gelatin. When it is dissolved, pour it into the beer-sugar-lemon mixture, stirring to mix, then pour into the rinsed trays and refrigerate until set.
- When ready to serve, turn out the jelly cubes onto a damp surface. Wet your hands and a thin spatula to make it easy to transfer them to a serving plate.

Chocolate Tart



*“This rich, bittersweet dessert makes
a very satisfying end to a meal.”*

This recipe is adapted from the great French chef Joël Robuchon. This rich, bittersweet dessert makes a very satisfying end to a meal; you'll only need a small slice.

YOU'LL NEED

- ½ recipe Sweet Butter Pastry (page 117)
- 7 oz chocolate (70 percent)
- ⅔ cup whipping cream (35 percent fat)
- ¼ cup whole milk
- 1 egg, beaten
- 1 Tbsp cognac or whiskey
- A pinch of fine sea salt
- Cocoa powder

HOW TO MAKE IT

- Roll out the pastry on a floured surface and line an 8-inch tart pan. Prick the base of the tart with a fork and refrigerate for at least 30 minutes. Place a baking sheet in the oven and preheat to 400°F.
- Line the tart shell with parchment paper and fill it with dried beans. Place the tart shell on the baking sheet, and bake for 12 minutes. The pastry should be just set. Remove the parchment paper and beans and return the tart shell on the baking sheet to the oven. Bake for another 5 minutes, or until it is lightly colored. Set aside to cool and lower the oven temperature to 300°F.
- Finely chop the chocolate. Pour the cream and milk into a small saucepan and place over medium heat. Bring the cream mixture to a boil, then remove from the heat and add the chopped chocolate and stir until smooth. Let cool slightly. Whisk the egg, cognac, and salt together, then slowly whisk into the chocolate.
- Pour the chocolate mixture into the baked tart shell and shake the pan gently so that the chocolate fills the tart and is level. Return to the oven on the baking sheet, checking that your oven temperature has dropped to 300°F. Bake for 15 to 18 minutes, or until the filling is barely set; it should wobble slightly in the center. Use your nose: When you can smell the chocolate, check the tart; it's probably cooked.
- Transfer the tart from the baking sheet to a rack and let cool to room temperature. The filling will firm up as it cools. Place a spoonful of cocoa powder in a fine-mesh sieve and dust over the top of the tart. Serve at room temperature.

Feeling Bitter Every Day

Use the nutritional power of bitter foods to balance your gut health and stay slimmer, healthier and, well, less bitter

If you've heard of the "alkaline diet," you've probably heard how celebrities from waif-like Gwyneth Paltrow to muscle-bound Channing Tatum have been subscribing to the notion.

The idea behind the alkaline diet is to balance the body's pH levels. Water has a pH of 7, right in the middle of the scale that runs from 1 to 14. Your body, which is mostly water after all, should be right around there, too. Since the body is in a constant battle to balance its own pH levels, and since foods like refined carbs and red meat are highly acidic, it makes sense that our typical American diet, which is loaded with meats, grains, and added sugars, throws us off balance. "Overacidity in the body creates an unbalanced internal environment that promotes disease," says Tasneem Bhatia, M.D., Eat This, Not That! advisor and author of *The 21-Day Belly Fix*. In fact, chronic heartburn

or reflux is one of the signs that your acid/alkaline balance is off. Long-term, some practitioners believe an acidic diet can contribute to digestive issues, inflammation and bone loss, among other issues. It can also harm our ability to draw nutrients from our food, because the more acidic the body, the less acidic (and hence, less effective) our digestive juices become. "In my practice, we test the pH of patients' saliva or urine to determine overall pH," Dr. Bhatia says. "A pH under 6.8 suggests that the body is too acidic, and that means the stomach is not acidic enough."

"When acid supplies [in the stomach] are low, the gastrointestinal system doesn't extract the right nutrients from food and has to work much harder to process the food. And although one drop of stomach acid would eat right through your skin (think of the alien in *Alien*), in the stomach it's just fine—mucus

protects its lining from the blistering brew."

Learning to enjoy more bitter foods is one of the best ways to bring your pH back into balance—in part because leafy greens, root vegetables, and cruciferous vegetables are alkalizing, and in part because an appreciation for bitter flavors can help wean us off our super-sweet, acid-promoting diet. Here are some of the best bitter foods with belly-boosting side effects.

Leafy greens: endive, escarole, radicchio, chicory, dandelion, arugula, broccoli rabe, Brussels sprouts, asparagus, celery, artichoke, cardoon

Root vegetables and winter vegetables: turnips, potatoes, rutabaga, butternut squash, pumpkin, onions, carrots, horseradish, bitter melon

Fruits and nuts: Blood oranges, apricots, pears, prunes, peaches, black currants, grapefruit, walnuts



Improve Your Cluck



7 Ways to Make a Great Chicken Dish

The chicken breast is the ultimate canvas, a lean, mild cut of meat that can be turned into anything from a Mexican taco to an Indian curry. But many of us, faced with a pink piece of breast meat, tend to fall back on our tired old chicken-and-rice recipes. That just leaves our palates bored and our dinner plates a sea of beige. This winter, take your chicken, and your taste buds, on a trip around the world with this selection of exotic, but incredibly simple, sauce recipes.

These quick and easy sauces and sides turn your chicken into the star of any cuisine

Chicken Breast Recipe

YOU'LL NEED

- 4 boneless, skinless chicken breasts
- $\frac{1}{4}$ cup olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp chopped fresh rosemary, or 1 tsp dried rosemary
- 1 tsp sugar
- $1\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper

HOW TO MAKE IT

- If the chicken breasts are uneven—thick in some parts, thin in others—cover with plastic and gently pound until they're a uniform half-inch thick.
- Combine the olive oil, lemon juice, garlic, rosemary, sugar, salt, and pepper in a shallow bowl. Add the chicken breasts, turn to coat, and cover. Refrigerate and marinate for 30 minutes.
- Preheat a grill, grill pan, or non-stick skillet over medium-high heat. When hot, remove the chicken from the marinade, pat thoroughly dry, and place on the cooking surface.
- Cook for 2 minutes, then rotate 45 degrees and continue cooking for another 2 minutes, until the breasts are nicely browned. Flip and continue cooking for another 3 to 4 minutes, just until the meat is firm but yielding, like a tennis ball, and an instant-read thermometer inserted in the thickest part of the chicken registers 160°F.

MAKES 4 SERVINGS

Spanish

Romesco

YOU'LL NEED

- 3 Tbsp olive oil
- 2 slices bread, torn into small pieces
- 2 Tbsp chopped almonds
- 2 cloves garlic, chopped
- 1 tsp smoked paprika
- $\frac{1}{2}$ (12 oz) jar roasted red peppers
- 1 Tbsp red wine vinegar or sherry vinegar

Salt and black pepper to taste

HOW TO MAKE IT

- Heat 1 tablespoon of the olive oil in a medium sauté pan set over medium heat.
- Add the bread crumbs, almonds, garlic, and paprika and sauté for about 5 minutes, until the bread is lightly golden and crunchy.
- Transfer to a blender and add the remaining 2 tablespoons olive oil, the red peppers, vinegar, and a sprinkle of salt and pepper; puree until smooth. The romesco should have the texture of applesauce; if you need to thin it out, stir in a tablespoon or two of water.

MAKES ABOUT $1\frac{1}{2}$ CUPS

Crispy Rosemary Potatoes

YOU'LL NEED

- $1\frac{1}{2}$ lb red potatoes, cut into $\frac{3}{4}$ -inch chunks
- 1 Tbsp olive oil

HOW TO MAKE IT

- Preheat oven to 425°F. Toss the potatoes with the oil, rosemary, and a generous amount of salt and pepper and spread out evenly on a baking sheet. Roast until brown and crispy on the outside and tender inside, about 30 minutes.

MAKES 4 SERVINGS

Southwestern

Mango Salsa

YOU'LL NEED

- 2 fresh mangoes, peeled, seeded, and diced
- 1 small red onion, minced
- $\frac{1}{2}$ cup chopped cilantro
- 1 jalapeño pepper, seeded and minced

Juice of 1 lime

Salt to taste

HOW TO MAKE IT

- Combine the mangoes, onion, cilantro, jalapeño, and lime juice in a mixing bowl. Season with salt.

MAKES ABOUT 2 CUPS

Sweet Potato Fries

YOU'LL NEED

- 2 medium sweet potatoes, each peeled and cut into 12 equal wedges
- $\frac{1}{2}$ Tbsp olive oil

Pinch of cayenne pepper

Salt and black pepper to taste

HOW TO MAKE IT

- Preheat the oven to 425°F. Combine all the ingredients on a large baking sheet and use your hands to mix them thoroughly. Spread in an even layer.
- Bake until the sweet potatoes are lightly browned on the outside, crisp to the touch, and tender inside.

MAKES 4 SERVINGS

Indian

Mango Chutney

YOU'LL NEED

- 2 fresh mangoes, peeled and diced
- 1 small red onion, diced
- $\frac{1}{2}$ Tbsp minced fresh ginger
- 1 jalapeño pepper, minced
- 1 cup orange juice
- 2 Tbsp apple cider vinegar
- 2 Tbsp brown sugar
- $\frac{1}{2}$ Tbsp curry powder

Salt and black pepper to taste

HOW TO MAKE IT

- Combine all ingredients in a mixing bowl and let marinate for at least 20 minutes before serving.

MAKES ABOUT $1\frac{1}{2}$ CUPS

Sautéed Spinach

YOU'LL NEED

- 1 Tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 tsp red pepper flakes
- 1 bunch spinach (about $1\frac{1}{2}$ pounds), rinsed

Juice of 1 lemon

Salt and black pepper to taste

HOW TO MAKE IT

- Heat the olive oil in a large skillet or sauté pan over medium heat. Add the garlic and pepper flakes and cook for 1 minute.
- Stir in the spinach. Cook until the spinach fully wilts, about 5 minutes. Drain any water that accumulates in the bottom of the pan (since spinach is mostly water, there will be plenty of excess liquid).
- Add the lemon juice and season with salt and pepper.

MAKES 4 SERVINGS

The Sauces

• GREEK
Tzatziki



• MEXICAN
Grilled-Corn
Guacamole



• ITALIAN
Pesto



• ARGENTINIAN
Chimichurri



• INDIAN
Mango
Chutney



• SOUTHWESTERN
Mango Salsa



• SPANISH
Romesco



Mexican

Grilled-Corn Guacamole

YOU'LL NEED

- 1 ear corn
- 2 medium Hass avocados, pitted and peeled
- 1 clove garlic, minced
- Salt to taste
- 1 cup cherry tomatoes, halved
- 1 handful cilantro, chopped
- Juice of 1 lime

HOW TO MAKE IT

- Preheat a grill over medium heat. Peel the corn husk back, being careful so it remains attached to the base of the cob, and remove the silk inside. Re-cover the ear with the husk and soak in cold water for 5 minutes.
- Grill the corn for 10 minutes, turning a quarter turn every few minutes. Peel back the husk and place the corn back on the grill. Grill, turning occasionally, for 5 minutes more, until the kernels are nicely browned. When the corn is cool enough to handle, use a knife to cut the kernels from the cob.
- Combine the avocado, garlic, and a few good pinches of salt in a mixing bowl. Use a fork to mash the avocado until you have a consistency somewhere between smooth and chunky. Fold in the corn kernels, tomatoes, cilantro, and lime juice.

MAKES 4 SERVINGS

Smoky Baked Beans

YOU'LL NEED

- 4 strips bacon, chopped into small pieces
- 1 medium onion, minced
- 2 cloves garlic, minced
- 2 cans (16 oz each) pinto beans, rinsed and drained
- 1 cup dark beer
- $\frac{1}{2}$ cup ketchup
- 1 Tbsp chili powder
- 1 Tbsp brown sugar
- Pinch of cayenne pepper

HOW TO MAKE IT

- Heat a large pot or saucepan over medium heat. Add the bacon and cook until it's just turning crispy, 3 to 5 minutes.
- Add the onion and garlic and sauté until translucent, another 3 minutes.
- Stir in the beans, beer, ketchup, chili powder, brown sugar, and cayenne. Simmer until the sauce thickens and clings to the beans, about 15 minutes.

Greek

Tzatziki

YOU'LL NEED

- 1 cucumber, peeled, halved, and seeded
- 1 cup plain Greek yogurt (we like Fage)
- Juice of 1 lemon
- 2 Tbsp olive oil
- 2 cloves garlic, finely minced
- 2 tsp minced fresh dill
- Salt and black pepper to taste

HOW TO MAKE IT

- Grate the cucumber with a cheese grater, then use your (clean!) hands to wring out all the excess water.
- Combine the cucumber with the yogurt, lemon juice, olive oil, garlic, dill, and a good pinch each of salt and pepper.

MAKES ABOUT 1½ CUPS

Warm Pita Bread

YOU'LL NEED

- 4 fresh pitas
- 2 Tbsp olive oil

HOW TO MAKE IT

- Raise your oven rack to its top level, and preheat to 350 F. Brush each side of the pita with the oil and set directly on the top rack of the oven. Heat for 5 to 10 minutes or until warmed through.

Argentinian

Chimichurri

YOU'LL NEED

- 2 Tbsp water
- $\frac{1}{2}$ tsp salt
- 1 cup fresh parsley leaves, finely chopped
- 3 Tbsp red wine vinegar
- 2 cloves garlic, minced
- Pinch red pepper flakes
- 3 Tbsp olive oil

HOW TO MAKE IT

- Combine the water and salt in a bowl and microwave for 30 seconds. Stir until the salt thoroughly dissolves, then mix in the parsley, vinegar, garlic, and pepper flakes.
- Slowly drizzle in the olive oil, whisking to incorporate. You can use the chimichurri now, but it's best to let the flavors marry for 20 minutes or more.

MAKES ABOUT 1 CUP

Grilled Asparagus

YOU'LL NEED

- 1 bunch asparagus, woody ends removed
- 2 Tbsp olive oil
- Salt and black pepper to taste

HOW TO MAKE IT

- Preheat a grill or grill pan over medium heat. Toss the asparagus with the olive oil and salt and pepper.
- Grill, turning once midway through, for about 8 minutes, until lightly charred and just tender (but not mushy!). If intended as a side with dinner, divide the asparagus among 4 plates. MAKES 4 SERVING

Italian

Pesto

YOU'LL NEED

- 2 cloves garlic, chopped
- 2 Tbsp pine nuts
- 3 cups fresh basil leaves
- $\frac{1}{4}$ cup grated Parmesan
- Salt and black pepper to taste
- $\frac{1}{2}$ cup olive oil

HOW TO MAKE IT

- Place the garlic, pine nuts, basil, and Parmesan, plus a few pinches of salt and pepper, in a food processor. Pulse until the basil is chopped.
- With the motor running, slowly drizzle in the olive oil until fully incorporated and a paste forms.

MAKES ABOUT 1 CUP

Grilled Tomatoes

YOU'LL NEED

- 4 large tomatoes
- 2 Tbsp olive oil

HOW TO MAKE IT

- Halve the tomatoes, rub with oil, and place cut side down on a grill or grill pan.
- Grill over high heat for 5 minutes, until caramelized.
- Serve as is, or, if building a sauce or salsa, flip the tomatoes and continue grilling for another 5 minutes, until the skins blister. Peel off the skins and pulverize.

MAKES 4 SERVINGS

The Sides

● ITALIAN
Grilled
Tomatoes

● MEXICAN Smoky
Baked Beans

● SOUTHWESTERN
Sweet Potato Fries

● ARGENTINIAN
Grilled Asparagus

● SPANISH
Crispy
Rosemary
Potatoes

● GREEK
Warm Pita
Bread

● INDIAN
Sautéed Spinach



Slimmed-Down Comfort Foods

Classic, Rib-Sticking Lunches and Dinners That
Spread the Love—for 400 Calories or Less!

Dear Mom: It's time we had a chat.

First, we just want to say we love you. We appreciate everything you've done for us: how you Rambo'd it out in the delivery room, how you stood up to our second-grade teacher when she tried to label us a "problem," and how you never told Dad exactly how the hamster got up on the roof. And while we didn't completely appreciate the groundings back in the day, we totally get it now.

And more than anything, we appreciate the food. The way you always had a grilled cheese sandwich and a warm bowl of tomato soup ready when we came in from a snowball fight, or how the scent of your meat loaf wafted across the lawn when the street-lights came on. But now that we're grown, we've decided it's time to take charge of our own comfort foods, to make them a little less greasy, a little less ... caloric. In fact, we've taken 11 of your best recipes and slimmed them down to 400 calories or less, so we still get the comfort, without feeling like we're built for comfort.



270 calories
10 g fat
(3 g saturated)
420 mg sodium

Beef Stroganoff

Beef Stroganoff may be Russian in name and origin, but it's a global go-to everywhere from Iran and Brazil to Australia. Though sour cream is normally stirred into the sauce, we tested this dish several ways and found yogurt tasted every bit as good for fewer calories. Just make sure to remove the pan from the heat before adding, as high temperatures can cause the yogurt to break, jeopardizing the smooth, velvety sauce.

YOU'LL NEED

- ½ Tbsp canola oil, plus more if needed
- 12 oz white or cremini mushrooms, stems removed, halved
- 1 lb sirloin, cut into thin strips
- Salt and black pepper to taste
- 1 yellow onion, minced
- 2 cloves garlic, minced
- 1 Tbsp flour
- ¾ cup red wine
- ½ cup low-sodium beef stock
- 1 Tbsp tomato paste
- ¾ cup 2% plain Greek yogurt*
- Chopped fresh parsley

HOW TO MAKE IT

- Heat the oil in large sauté pan over medium heat. Add the mushrooms and cook for about 5 minutes, until softened and caramelized. Remove and reserve.
- Season the beef with salt and pepper. In the same pan, adding more oil if necessary, cook the beef for about 5 minutes, until well-browned all over. Remove and reserve with the mushrooms. Add the onion and garlic to the pan and cook until the onion is translucent. Stir in the flour until it evenly coats the vegetables, then add the wine, stock, and tomato paste, scraping the pan to release any flavorful bits stuck to the bottom. Turn the heat down to low and simmer for about 12 minutes, until the liquid thickens and reduces by about half.
- Return the mushrooms and beef to the pan and heat through, then remove from the heat. After the liquid cools just slightly, stir in the yogurt. (If the heat is too high, the yogurt will separate.) Serve over buttered noodles or steamed rice and garnish with parsley.

MAKES 4 SERVINGS

* Don't try to substitute regular yogurt here. Greek yogurt has a distinct lactic tang that better approximates sour cream.



380 calories
14 g fat
(6 g saturated)
510 mg sodium

Shepherd's Pie

Like so many of the world's great comfort foods, shepherd's pie was born of humble origins, invented as a way of using up old scraps of meat, with the vegetables and the potato topping used to stretch the dish into extra portions. The dish is traditionally made with lamb, but sirloin makes a leaner and perfectly tasty pie.

YOU'LL NEED

- | | |
|--|------------------------------------|
| 2 medium russet potatoes, peeled and cubed | 2 cloves garlic, minced |
| Salt and black pepper to taste | 1 lb ground sirloin or ground lamb |
| 2 Tbsp butter | 1 Tbsp flour |
| $\frac{3}{4}$ cup 2% milk | 2 Tbsp tomato paste |
| $\frac{1}{2}$ Tbsp olive oil | 1 cup low-sodium beef stock |
| 1 medium onion, diced | 1 tsp Worcestershire |
| 3 medium carrots, peeled and diced | 1 tsp chopped fresh rosemary |
| | 1 cup frozen peas |

HOW TO MAKE IT

- Preheat the oven to 400°F.
- Place the potatoes in a medium saucepan, cover with water, and season with a pinch of salt. Cook for about 15 minutes, until the potatoes are tender all the way through. Press through a potato ricer (if you have one) or mash with a masher or a pair of forks. Stir in the butter and milk and season with salt and black pepper.
- While the potatoes are cooking, heat the olive oil in a large sauté pan over medium heat. Add the onions, carrots, and garlic and cook for about 5 minutes, until soft. Add the ground meat and cook for about 5 minutes, until no longer pink. Stir in the flour and tomato paste and stir so that the ingredients are evenly coated. Add the stock, Worcestershire, and rosemary and simmer for 15 minutes. Add the peas and season with salt and pepper.
- Pour the meat and vegetable mixture into a 13-by-9-inch baking dish and spread into an even layer. Top with the mashed potatoes. Bake for about 25 minutes, until the potatoes are nicely browned on the surface.

MAKES 4 SERVINGS



290 calories
17 g fat
(9 g saturated)
580 mg sodium

Broccoli-Cheddar Soup

Traditionally, broccoli-Cheddar soup is about the cheese, with the broccoli playing second fiddle to a bowl of glorified fondue. We turn the tables on tradition, giving broccoli its proper due and using only a handful of sharp Cheddar to give this soup a rich, creamy texture, and beer—preferably a full-flavored ale like Bass—to give it body and soul. Just 8 ounces is needed, which leaves you 4 to sip on while the soup simmers away.

YOU'LL NEED

- | | |
|--|-------------------------------------|
| 1 Tbsp butter | 1 cup beer |
| 1 yellow onion, diced | 2 cups milk |
| 1 large carrot, diced | 1 cup shredded sharp Cheddar cheese |
| 1 head broccoli, cut into florets and stem thinly sliced | Salt and black pepper to taste |
| 2 cloves garlic, chopped | Tabasco sauce to taste |
| 1 Tbsp flour | 4 Parmesan crisps |
| 1 cup low-sodium chicken stock | |

HOW TO MAKE IT

- Heat the butter in a large pot over medium heat. Add the onion, carrot, broccoli, and garlic and cook for about 5 minutes, until the vegetables soften. Stir in the flour and cook until it evenly coats all of the vegetables. Add the stock and beer, stirring vigorously to keep the flour from clumping. Simmer for a few minutes, then pour the mixture (working in batches, if need be) into a blender and puree until mostly smooth (a bit of texture can be nice here). You can also use a hand blender to puree the soup in the pot.
- Return the soup to the pot and bring to a simmer over low heat. Stir in the milk and cheese. After the cheese has fully melted into the soup, season with salt and pepper and a few good shakes of Tabasco. Serve each bowl of soup with a Parmesan crisp floating in the middle.

MAKES 4 SERVINGS

** Make crisps by topping thin slices of baguette with Parmesan and baking in the oven until golden brown, about 12 minutes.*



392 calories
15 g fat
(8 g saturated)
540 mg sodium

Spinach-&-Ham Mac & Cheese

This isn't your grandmama's mac and cheese. By introducing ham, spinach, and cherry tomatoes, we give this classic the nutritional juice it's never had before. More than just a health boost, the additions bring nuance to a traditionally one-note dish. Improvise as you see fit (swap in broccoli for the spinach, turkey for the ham, Jack for the Swiss), but the core idea is one that will make mac and cheese a sustainable dinner staple.

YOU'LL NEED

- | | |
|---|----------------------------------|
| 2 cups Ronzoni Smart Taste penne or whole-wheat penne | ½ cup shredded Cheddar |
| 2 Tbsp butter | 4 oz smoked ham, chopped |
| 2 Tbsp flour | 1 cup steamed or sautéed spinach |
| 2 cups 2% milk | 1 cup cherry tomatoes, halved |
| Pinch of nutmeg | ½ cup panko bread crumbs |
| 1 cup shredded fresh or 2% low-moisture mozzarella | Black pepper to taste |
| ½ cup shredded Swiss cheese | |

HOW TO MAKE IT

- Cook the pasta according to package directions until just al dente. Drain and reserve.
- While the pasta cooks, melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, for 1 minute to help eliminate the raw flour taste. Slowly add the milk, whisking to prevent lumps from forming. Simmer the béchamel for 5 minutes, until it begins to thicken to the consistency of heavy cream. Add the nutmeg and the cheeses and cook until fully melted. Add the pasta to the béchamel, along with the ham, spinach, and cherry tomatoes. Toss to distribute evenly.
- Preheat the broiler. Pour the macaroni and cheese into an 8-by-8-inch baking dish (or into individual ramekins). Top with the bread crumbs and season with black pepper. Place on the middle rack of the oven and broil for 5 to 7 minutes, until the bread crumbs are golden brown.

MAKES 6 SERVINGS



Tomato Soup:
130 calories
7 g fat
(1 g saturated)
370 mg sodium

Grilled Cheese:
320 calories
17 g fat
(8 g saturated)
490 mg sodium

Grilled Cheese & Tomato Soup

Grilled cheese and tomato soup is one of the great one-two combos of the comfort-food world. Ours diffuses the cheese calories with healthy additions like roasted peppers and Greek yogurt. The soup? Pure tomato intensity, thanks to the oven roasting, which concentrates the natural sugars of the tomatoes.

GRILLED PIMENTO CHEESE SANDWICH

YOU'LL NEED

- 1½ cups finely shredded sharp Cheddar cheese
- 1 jar (4 oz) diced pimientos
- 1 jalapeño pepper, seeded and minced
- ¾ cup finely sliced scallions
- ¾ cup 2% Greek yogurt
- 1 Tbsp olive-oil mayonnaise
- Few shakes Tabasco
- 8 slices bread
- Butter

HOW TO MAKE IT

- Combine the cheese, pimientos, jalapeño, scallions, yogurt, mayonnaise, and a few shakes of Tabasco in a mixing bowl. Divide among 4 slices of bread and top with the remaining slices.
- Heat a bit of butter in a cast-iron skillet or nonstick pan over medium heat. Cook the sandwiches, turning once, for about 10 minutes, until golden brown on both sides and the cheese is melted (have patience—an extra minute or two means everything with good grilled cheese!).

MAKES 4 SERVINGS

ROASTED TOMATO SOUP

YOU'LL NEED

- 3 lbs Roma tomatoes, halved lengthwise
- 2 Tbsp olive oil, plus more for drizzling
- 4 cloves garlic, peeled
- 3 cups low-sodium chicken stock
- Salt and black pepper to taste

HOW TO MAKE IT

- Preheat the oven to 425°F. Place the tomatoes cut side up on a baking sheet and drizzle with olive oil. Place the garlic cloves in the center of a sheet of aluminum foil, drizzle with olive oil, and fold to create an enclosed packet.
- Roast the tomatoes and the garlic for about 40 minutes, until both are very soft. Transfer the tomatoes and garlic to a blender, add the olive oil, and puree. Transfer to a pot, stir in the chicken stock, and simmer for 15 minutes. Season with salt and black pepper.

MAKES 4 SERVINGS



380 calories
12 g fat
(5 g saturated)
810 mg sodium

Chicken & Dumplings

This is the kind of food Mom makes when the sniffles set in. It has the same core flavors of chicken noodle soup—root vegetables, savory broth, shredded chicken—but is made more substantial by the addition of a roux to thicken the soup base. Of course, the real magic is in those pillows of rosemary-scented joy, which soak up the hearty liquid and make for one of the most satisfying, savory bites imaginable.

YOU'LL NEED

2 Tbsp butter
4 medium carrots, diced
1 medium onion, diced
3 Tbsp plus $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ tsp dried thyme
4 cups low-sodium chicken stock
1 lb boneless, skinless chicken thighs
Salt and black pepper to taste
 $1\frac{1}{2}$ tsp baking powder
1 tsp chopped fresh rosemary
 $\frac{1}{2}$ cup 2% milk
 $\frac{1}{2}$ cup frozen peas

HOW TO MAKE IT

- Heat the butter in a pot or large saucepan over medium heat. Add the carrots and onion and cook for about 5 minutes, until softened. Add 3 tablespoons flour and the thyme, stirring so that the vegetables are evenly coated. Slowly add the stock, whisking to prevent lumps from forming. Bring to a gentle simmer.
- Season the chicken thighs with salt and black pepper and add to the pot, submerging them in the stock. Poach the chicken for about 8 minutes, until just cooked through. Remove to a cutting board to rest.
- Combine the remaining $\frac{1}{2}$ cup flour with the baking powder, rosemary, $\frac{1}{4}$ teaspoon salt, and lots of black pepper. Add the milk and gently stir until the dough just comes together. Form loosely into 8 dumplings and drop them directly into the soup. Cover the pot and cook over low heat for 10 minutes, until the dumplings have firmed up.
- Shred the reserved chicken. Add to the pot, along with the peas, stirring carefully so as not to break up the dumplings. Heat through for 1 minute before serving.

MAKES 4 SERVINGS



360 calories
11 g fat
(5 g saturated)
810 mg sodium

Sausage Lasagna

There are two types of lasagna in this world. The Italian type is made with a rich meat sauce and béchamel, and the American type is heavy on tomatoes, ricotta, and mozzarella. This version blends the cheesy, tomatoey comfort of the American version with the relative healthfulness of the Italian take.

YOU'LL NEED

- | | |
|--|-----------------------------------|
| 1 Tbsp olive oil | Salt and black pepper to taste |
| 3 links raw chicken sausage, casings removed | 1½ cups low-fat ricotta |
| 1 small onion, diced | ½ cup 2% milk |
| 2 cloves garlic, minced | 16 sheets no-boil lasagna noodles |
| Pinch red pepper flakes | 16–20 fresh basil leaves |
| 1 can (28 oz) crushed tomatoes | 1 cup chopped fresh mozzarella |

HOW TO MAKE IT

- Heat the olive oil in a large saucepan over medium heat. Add the sausage and cook for about 3 minutes, until no longer pink. Add the onion, garlic, and red pepper flakes and continue cooking for about 5 minutes, until the onion is soft and translucent. Add the tomatoes and simmer for 15 minutes. Season with salt and pepper.
- Preheat the oven to 350°F. Combine the ricotta and milk in a mixing bowl. In a 9-by-9-inch baking pan, lay down a layer of 4 noodles. Cover with a quarter of the ricotta mixture and a quarter of the sausage mixture, then a few basil leaves and a quarter of the mozzarella. Repeat three times to create a four-layer lasagna.
- Cover with aluminum foil and bake for 25 minutes, until the cheese is melted and the pasta cooked through. Remove the foil and increase the temperature to 450°F. Continue baking for about 10 minutes, until the top of the lasagna is nicely browned.

MAKES 8 SERVINGS



360 calories
12 g fat
(2.5 g saturated)
890 mg sodium

Italian Sausage Soup

The best definition of comfort food is the food Mom made when you were growing up. For those with an Italian heritage, that often means sausage soup, a deceptively simple but wonderfully soothing bowl of meat, vegetables, and pasta—like chicken soup for the Italian soul. You can load this one full of vegetables, doubling the amount used below, and end up with a chunky, sausage-strewn minestrone. Either way, this soup is hearty enough to work as dinner on its own.

YOU'LL NEED

- ½ Tbsp olive oil
- 2 links Italian-style turkey sausage, casings removed
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- Pinch of red pepper flakes
- 1 can (14 oz) diced tomatoes

- 8 cups low-sodium chicken broth
- ¾ cup farfalle, preferably whole wheat, or other pasta
- 2 cups green beans, tips removed, halved*
- Parmesan for serving

HOW TO MAKE IT

- Heat the olive oil in a large saucepan or pot over medium heat. Add the sausage meat and cook for 3 to 5 minutes, until no longer pink. Transfer to a plate and reserve.
- Add the onion, garlic, and red pepper flakes to the same pot and cook for about 5 minutes, until the onion is soft. Add the tomatoes and chicken broth and bring to a low boil. Stir in the pasta, cook for 6 minutes, then add the green beans and the reserved sausage. Simmer for about 5 minutes longer, just until the pasta is cooked through and the beans are soft. Serve with grated Parmesan.

MAKES 4 SERVINGS



350 calories
15 g fat
(8 g saturated)
650 mg sodium

Chicken Potpie

Potpies may be one of America's favorite comfort foods, but there's nothing comforting about a dish that can swallow up an entire day's worth of calories, fat, and sodium, as some restaurant renditions do. We teach you a few simple tricks for creating a deeply delicious, remarkably lean potpie.

YOU'LL NEED

- | | |
|---|---|
| 2 Tbsp butter | $\frac{1}{4}$ cup flour |
| 1 onion, chopped | 2 cups low-sodium chicken broth, warmed |
| 2 carrots, chopped | 1 cup 2% or whole milk |
| 2 cloves garlic, minced | $\frac{1}{2}$ cup half-and-half |
| 2 cups stemmed and quartered white or cremini mushrooms | $1\frac{1}{2}$ cups frozen peas |
| 2 cups frozen pearl onions | Salt and black pepper to taste |
| 2 cups chopped cooked chicken (leftover or pulled from a store-bought rotisserie chicken) | 1 sheet puff pastry, defrosted |
| | 2 egg whites, lightly beaten |

HOW TO MAKE IT

- Heat the butter in a large saucepan over medium heat. Cook the onion, carrots, and garlic until softened, about 5 minutes. Add the mushrooms and pearl onions and cook, stirring occasionally, for another 5 minutes. Stir in the chicken and the flour.
- Slowly add in the chicken broth, whisking to avoid clumping (having the broth warm helps smooth out the sauce). Add the milk and half-and-half and simmer for 10 to 15 minutes, until the sauce has thickened and lightly clings to the vegetables and chicken. Stir in the peas. Season with salt and pepper.
- Preheat the oven to 375°F. Cut the pastry into quarters. Roll out each piece on a floured surface to make a 6-inch square. Divide the chicken mixture among 4 ovenproof bowls. (Or pour chicken in a 13-by-9-inch baking dish and top with a single $\frac{1}{4}$ -inch-thick piece of pastry.) Place a pastry square over the top of each bowl and trim away the excess with a paring knife; pinch the dough around the edges of the bowl to secure it. Brush the tops with the egg whites and bake until golden brown, about 25 minutes. **MAKES 4 SERVINGS**



290 calories
11 g fat
(3 g saturated)
920 mg sodium

Turkey Meat Loaf

Among the most comforting of all comfort foods, a well-made meat loaf delivers that warm, rib-sticking goodness we all crave. The key to excellent meat loaf is threefold: a well-seasoned base, a generous glaze, and careful cooking. We realize that some people may still bear scars from the bone-dry loaves of their childhoods, but this creation will banish those with a single bite.

YOU'LL NEED

TURKEY MEAT LOAF

- 1 small onion, peeled and quartered
- ½ red bell pepper, stemmed and quartered
- 1 small carrot, peeled and roughly chopped
- 2 cloves garlic, peeled
- 1½ lb ground turkey
- ½ cup bread crumbs
- ¼ cup low-sodium chicken stock
- 1 egg, beaten

- 1 Tbsp Worcestershire

- 1 Tbsp low-sodium soy sauce

- ½ tsp dried thyme

- ½ tsp salt

- ½ tsp black pepper

GLAZE

- ½ cup ketchup

- 2 Tbsp brown sugar

- 2 Tbsp low-sodium soy sauce

- 2 Tbsp apple cider vinegar

HOW TO MAKE IT

- Preheat the oven to 325°F.
- Combine the onion, bell pepper, carrot, and garlic in a food processor and pulse until finely minced. (If you don't have a food processor, you can do this by hand.) Combine the vegetables with the turkey, bread crumbs, stock, egg, Worcestershire, soy sauce, thyme, and salt and black pepper in a large mixing bowl. Gently mix until all of the ingredients are evenly distributed.
- Dump the meat loaf mixture into a 13-by-9-inch baking dish and use your hands to form a loaf roughly 9 inches long and 6 inches wide. Mix the glaze ingredients together and spread over the meat loaf. Bake for 1 hour, until the glaze has turned a deep shade of red and an instant-read thermometer inserted into the center of the loaf registers 160°F. **MAKES 6 SERVINGS**



410 calories
13 g fat
(4 g saturated)
600 mg sodium

Classic Beef Stew

It's the dead of winter. You've endured a long day of injustices at the office and you arrive home cold, wet, famished. But when you open the front door the smell hits you: beef and red wine and vegetables, slow-cooked into a state of deliciousness while you worked. Now that's comfort.

YOU'LL NEED

- | | |
|--|---|
| 1 Tbsp canola oil | 3 bay leaves |
| 3 lb sirloin roast, brisket, or chuck, cut into 1-inch cubes | 8 branches fresh thyme (or 1 tsp dried) |
| 1 Tbsp flour | 6 medium red potatoes, cut into ½-inch pieces |
| Salt and black pepper to taste | 3 medium carrots, peeled and chopped |
| 2 medium onions, chopped | 2 cups frozen pearl onions |
| 1 cup dry red wine, such as Pinot Noir or Cabernet Sauvignon | 1 cup frozen peas |
| 2 Tbsp tomato paste | Chopped fresh parsley or gremolata (optional; see note) |
| 2 cups chicken broth | |

HOW TO MAKE IT

- Heat ½ tablespoon of the oil in a large cast-iron skillet or sauté pan over medium-high heat. Combine the beef and flour in a bowl, season with salt and pepper, and toss to lightly coat the beef. Working in two batches to avoid crowding the pan, sear the beef in the hot oil, turning occasionally, until nicely browned. Transfer to a slow cooker.
- Add the remaining oil to the skillet. Add the chopped onions and cook for about 5 minutes, until lightly browned. Stir in the wine and tomato paste, scraping the bottom of the pan to free up any browned bits. Pour the onion mixture over the beef, then add the broth, bay leaves, and thyme. Set the slow cooker to high, cover, and cook for about 4 hours (or on low for 8 hours), until the beef is fork-tender.
- An hour before serving, add the potatoes, carrots, and pearl onions. Five minutes before serving, add the peas. Discard the bay leaves and thyme branches and season with salt and black pepper. Serve garnished with parsley or gremolata if you like.

MAKES 8 SERVINGS



Turn Your Hungry Grumps into Happy Gourmands in Just 600 Seconds with These Foolproof, Healthy, and Delicious Meals

There's an old saying in business: Everybody wants things fast, cheap, and good, but you can only ever get two out of the three.

Fortunately, in the Eat This, Not That! kitchen, that old saw just doesn't hold up. We've taken some of the world's most delicious classic dishes, put them on fast-forward, and created nearly instant meals that will satisfy every set of taste buds in your household, all for a fraction of the time and the cost of ordering dinner in.

345 calories
12 g fat
(4.5 g saturated)
800 mg sodium



Chicken Tacos with Salsa Verde

Tossed with a good dose of bright, mildly spicy salsa verde, rotisserie chicken is the perfect filling for tacos, burritos, and even enchiladas. Indeed, there might not be a better use of a supermarket rotisserie chicken. Even freshly grilled chicken breasts won't yield better results since it's hard to top the juiciness of a spit-roasted bird.

YOU'LL NEED

- 8 corn tortillas
- 3 cups shredded rotisserie chicken (about $\frac{3}{4}$ of a store-bought chicken)
- $1\frac{1}{2}$ cups bottled salsa verde
- $\frac{1}{2}$ cup crumbled Cotija or feta cheese
- 1 medium onion, minced
- 1 cup chopped fresh cilantro
- 2 limes, quartered

HOW TO MAKE IT

- Heat the tortillas in a large skillet or sauté pan until lightly toasted. Combine the chicken with the salsa in a large mixing bowl, then divide evenly among the tortillas. Top with crumbled cheese, onion, and cilantro. Serve with lime wedges.

MAKES 4 SERVINGS

270 calories
15 g fat
(6 g saturated)
600 mg sodium



Coffee-Rubbed Steak

Coffee and steak might seem like an unlikely partnership, but the flavor of beef is actually heightened by the robust notes of java. This dish would be perfect with grilled vegetables and a side of black or pinto beans. Or heat up a few corn tortillas and pass them out so everyone can make their own little tacos. Either way, be sure to let the beef rest (even if it actually makes this 10-minute meal a 12- or 13-minute meal); cut into it too early and all the still-hot juices will bleed onto your cutting board, instead of being reabsorbed by the meat.

YOU'LL NEED

- ½ Tbsp finely ground coffee or espresso
- ½ Tbsp chili powder
- Salt and black pepper to taste
- 1 lb flank or skirt steak
- Pico de Gallo
- 1 lime, quartered

HOW TO MAKE IT

- Preheat a grill, grill pan, or cast-iron skillet. Combine the coffee grounds with the chili powder, plus a few generous pinches of salt and pepper. Rub the spice mixture all over the steak. Cook the beef for 3 to 4 minutes per side, depending on thickness, until slightly firm but still yielding.
- Let the steak rest for at least 5 minutes, then slice thinly against the grain of the meat. Serve with a big scoop of pico de gallo and a wedge of lime.

MAKES 4 SERVINGS

340 calories
11 g fat
(2 g saturated)
400 mg sodium



Sesame Noodles with Chicken & Peanuts

The noodle originally comes from Asia, not Italy. In 2005, archaeologists discovered the oldest bowl of noodles on record, dating back some 4,000 years: proof that sometimes a box of fettuccine is just as appropriate for an Asian-inspired meal as it is for an Italian repast. Think of this as a salad, with the noodles standing in for lettuce. Add some protein and as many vegetables as you like, and toss the whole package with a light but powerful dressing. It's the culmination of four millennia of noodle knowledge.

YOU'LL NEED

- | | |
|--|--|
| 6 oz whole-wheat fettuccine | 2 cups shredded chicken |
| 2 tsp toasted sesame oil,
plus more for noodles | 1 red or yellow bell pepper,
sliced |
| Juice of 1 lime | 2 cups sugar snap peas |
| 2 Tbsp warm water | 1 cup cooked and shelled
edamame (optional) |
| 1½ Tbsp chunky peanut butter | Chopped peanuts, sesame
seeds, or chopped
scallions (optional) |
| 1½ Tbsp low-sodium soy sauce | |
| 2 tsp chili sauce, such as
Sriracha | |

HOW TO MAKE IT

- Bring a large pot of salted water to a boil and cook the pasta according to package instructions. Drain the pasta and toss in a large bowl with a bit of sesame oil and rice wine vinegar to keep the noodles from sticking.
- Combine the lime juice, water, peanut butter, soy sauce, chili sauce, and sesame oil in a microwave-safe mixing bowl. Microwave for 45 seconds, then stir to create a uniform sauce.
- Add the sauce to the noodles and toss to mix. Stir in the chicken, bell pepper, sugar snaps, and edamame if using. Top individual servings with peanuts, sesame seeds, or scallions if you like.

MAKES 4 SERVINGS



330 calories
14 g fat
(2 g saturated)
560 mg sodium

Chili-Glazed Salmon

This is the type of recipe that converts fish skeptics into bona fide believers, and all it takes is a glaze that you can whip up in a few minutes. The fattiness of salmon pairs perfectly with assertive spicy and sweet flavors, and this has both. Round this meal out with roasted broccoli (it can roast in the same oven as the salmon) and a side of couscous.

YOU'LL NEED

- ¾ cup Asian-style sweet chili sauce
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp grated fresh ginger
- 1 tsp Sriracha or other spicy chili sauce
- 4 salmon fillets (4–6 oz each)

HOW TO MAKE IT

- Preheat the oven to 425°F. Combine the sweet chili sauce, soy sauce, ginger, and Sriracha in a mixing bowl. Place the salmon fillets on a foil-lined baking sheet. Use a brush or a spoon to lacquer the salmon with the chili glaze.
- Bake the salmon until the glaze has begun to lightly caramelize and the salmon flakes with gentle pressure, about 10 minutes, depending on the thickness of the fish.

MAKES 4 SERVINGS



190 calories
6 g fat
(1.5 g saturated)
890 mg sodium

Spicy Thai Chicken

The cuisines of Southeast Asia—Thai, Vietnamese, Malaysian—deliver more flavor per calorie than any other on the planet and make for a refreshing break from the cartons of Chinese takeout that clutter so many American refrigerators. This Thai classic (called *gai pad grapow*) gets its flavor from chiles, garlic, and fresh herbs—nutritional powerhouses known to boost metabolism and fight cancer. Together, they also make for a full-throttle flavor experience that trumps nearly any Chinese stir-fry in the health department. Adjust the heat to your liking, but if it's not at least somewhat fiery, then it's not Thai.

YOU'LL NEED

- | | |
|---|---|
| 1 Tbsp peanut or canola oil | 2 Tbsp fish sauce |
| 1 medium red onion, thinly sliced | 1 Tbsp sugar |
| 2 jalapeño peppers, thinly sliced
(or more if you really like your food fiery) | 1 Tbsp low-sodium soy sauce |
| 4 cloves garlic, minced | 2 cups fresh basil leaves
(preferably Thai or holy basil,
but you'll only find those at
specialty markets) |
| 1 lb boneless skinless chicken
breasts, cut into small pieces | |

HOW TO MAKE IT

- Heat the oil in a wok or large skillet. When hot, add the onion, jalapeños, and garlic and stir-fry for 2 minutes, using a metal spatula to keep the ingredients in motion. Add the chicken and cook for 2 to 3 minutes, until the meat is beginning to brown on the outside. Add the fish sauce, sugar, soy sauce, and basil and cook for 1 minute more. Serve over rice.

MAKES 4 SERVINGS



330 calories
17 g fat
(6 g saturated)
600 mg sodium

Steak with Blue Cheese Crust

Steak and blue cheese are a perfect match—the rich funkiness of the cheese intensifies the big beefiness of the steak. Mixed with bread crumbs and herbs, blue cheese forms a crunchy, melty crust on top of beef, which may be guilt-inducing in its deliciousness but ultimately contributes only about 40 calories.

YOU'LL NEED

- ½ cup bread crumbs (preferably homemade) or panko
- ¼ cup crumbled blue cheese
- 2 Tbsp chopped fresh parsley
- 1 tsp chopped fresh rosemary or thyme
- 1 Tbsp olive oil
- 4 sirloin or tenderloin steaks (4–6 oz each)
- Salt and black pepper to taste

HOW TO MAKE IT

- Preheat the oven to 450°F. Combine the bread crumbs, cheese, parsley, and rosemary in a mixing bowl and set aside.
- Heat the oil in a large cast-iron skillet, grill pan, or stainless-steel sauté pan over high heat. Season the steaks all over with salt and plenty of black pepper. Sear the first side of the meat for 2 minutes, until well browned.
- Flip the steaks and top each with a quarter of the bread crumb mixture, using your fingers to gently press it into the meat. Transfer the steaks to the oven to finish cooking (ideally in the pan if it's ovenproof, but if not, a baking sheet or dish will do). The steaks should be done in 5 to 6 minutes, when they feel firm but still springy to the touch (an internal thermometer should read 135°F for medium-rare). This should happen at the same time that the bread crumbs have browned nicely and formed a crust. Let the steaks rest for a few minutes before serving.

MAKES 4 SERVINGS



460 calories
11 g fat
(6 g saturated)
480 mg sodium

Fettuccine Alfredo

Alfredo di Lelio invented this iconic dish at his trattoria in Rome in 1914. Back then, the dish was nothing more than hot fettuccine tossed with butter and Parmesan cheese. Eventually fettuccine Alfredo made its way across the Atlantic, picking up a sea of heavy along the way. Now it's a staple on chain restaurant menus everywhere, not least of all because it costs next to nothing to load a bowl with 1,200 calories' worth of fat and refined carbohydrates. To dampen the Alfredo impact, we turn to our old friend béchamel, which creates a thick, creamy sauce without the calories of heavy cream and excess butter.

YOU'LL NEED

- 1½ Tbsp butter
- 1 Tbsp flour
- 1½ cups low-fat milk
- 2 Tbsp Neufchâtel
- ½ cup grated Parmesan, plus more for serving
- 1 tsp grated lemon zest
- Salt to taste
- 1 package (12 oz) fresh fettuccine

HOW TO MAKE IT

- Melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, until golden brown. Add the milk, whisking to prevent any lumps from forming. Simmer for 5 minutes, until the sauce thickens. Stir in the Neufchâtel, Parmesan, lemon zest, and salt. Keep warm.
- While the sauce simmers, cook the pasta according to package instructions (remember, fresh pasta cooks in a fraction of the time it takes to cook dried pasta). Drain and add directly to the saucepan. Toss until the pasta is thoroughly coated, then divide among 4 warm pasta bowls. Serve with more grated Parmesan, if you like.

MAKES 4 SERVINGS



330 calories
12 g fat
(2.5 g saturated)
980 mg sodium

Ultimate Club Sandwich

There are many people who believe that you can judge the quality of a hotel by its club sandwich. The reason: It's the one item you will find on nearly all room-service menus, and a place that puts love into the sandwich is likely putting love into the other small things that make a hotel great. We think our version—ham, turkey, bacon, and a souped-up mayo—would win over any guest, and it contains only half the calories of the club sandwiches that normally show up on the room-service cart, thanks to the olive-oil mayo and thin, lightly toasted roll.

YOU'LL NEED

- | | |
|---|-------------------------|
| 2 Tbsp olive oil mayonnaise | 2 cups shredded romaine |
| 1 Tbsp Dijon mustard | 8 slices tomato |
| 1 clove garlic, finely minced
(or grated on a microplane) | 8 strips cooked bacon |
| 1 tsp dried oregano | 4 oz ham in 8 slices |
| 6 sandwich rolls, split and
lightly toasted
(12 pieces total) | 4 oz turkey in 8 slices |

HOW TO MAKE IT

- In a mixing bowl combine the mayonnaise, mustard, garlic, and oregano.
- Spread the mayo mixture on 8 pieces of the toasted sandwich rolls. Top each piece with shredded romaine, a slice of tomato, and a strip of bacon. Top 4 of the pieces with ham and the other 4 with turkey.
- Build each sandwich with a turkey half, a ham half, and top with a final piece of sandwich roll for a trilevel sandwich.

MAKES 4 SERVINGS



410 calories
12 g fat
(6 g saturated)
870 mg sodium

Croque Monsieur

Think of a croque monsieur as a ham and cheese sandwich on steroids: The ham is sliced thick, the cheese—intensely nutty Gruyère—comes melted in a blanket of béchamel, and the whole package is served browned and bubbling straight from the oven. Normally the result is a calorie bonanza, but this one, a knife-and-fork affair, delivers the decadence without the excess calories. Serve with a spinach and apple salad and a glass of red wine for a weeknight dinner that will take the sting out of the workday.

YOU'LL NEED

1 Tbsp butter
1 Tbsp flour
1 cup low-fat milk
½ cup shredded Gruyère or other Swiss cheese
Pinch of grated nutmeg

Salt and black pepper to taste

4 tsp Dijon mustard
4 thick slices country bread, lightly toasted
8 oz Black Forest ham in 8 slices

HOW TO MAKE IT

- Preheat the broiler.
- Melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, until golden brown. Add the milk, whisking to prevent any lumps from forming. Simmer for 5 minutes, until the sauce thickens, then stir in the cheese. Cook the béchamel for another few minutes, until the cheese is evenly melted, then season with nutmeg and salt and pepper.
- Spread a teaspoon of mustard on each piece of bread, then top with the ham. Place on a baking sheet, then ladle on the béchamel. Place the baking sheet on the middle rack and broil for about 5 minutes, until the béchamel is bubbling and nicely browned.

MAKES 4 SERVINGS



380 calories
14 g fat
(6 g saturated)
850 mg sodium

Barbecue Chicken Pizza

California Pizza Kitchen made its bones slinging unconventional pizzas topped with ingredients like pear and Gorgonzola, Jamaican jerk chicken, and even a full-blown salad. But none is more famous, or strangely satisfying, than the Original BBQ Chicken Pizza, which launched CPK into the national conscience in the '80s. As good as theirs is, we're confident ours is better. Plus, it's about 10 bucks cheaper and has just a third of the calories.

YOU'LL NEED

- 1 Pizza Dough (see page 117), or
2 thin-crust prebaked pizza crusts (like Boboli)
- $\frac{3}{4}$ cup barbecue sauce
- $1\frac{1}{2}$ cups shredded smoked Gouda
- $\frac{1}{2}$ red onion, thinly sliced
- $\frac{1}{2}$ jalapeño pepper, thinly sliced
- 1 cup cooked chicken
- Fresh cilantro leaves

HOW TO MAKE IT

- Preheat the oven to 500°F. Place a pizza stone in the oven, if you have one.
- Using your hands, a rolling pin, and enough flour to keep it from sticking, stretch the dough into two thin circles, 10 to 12 inches in diameter. Spread each with a thin layer of barbecue sauce, then divide the Gouda, onion, jalapeño, and chicken between the two.
- If using a pizza stone, bake one pie at a time by carefully sliding the pizza (preferably with a pizza peel) onto the pizza stone; if you don't have a stone, cook the pizzas on a baking sheet. The pizza is done when the crust is golden and the cheese is fully melted. Top with fresh cilantro, and cut into six or eight slices.

MAKES 4 SERVINGS

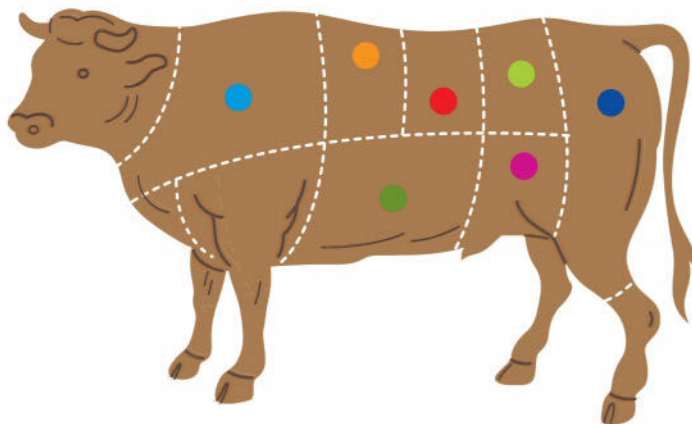


Tips & Hints

Meat Cheat Sheet

BEEF

Skirt and flank are among our two favorite cuts, but any steak—strip, tenderloin, rib eye—would benefit from the Coffee Rubbed Steak treatment featured on page 108. But choosing the right cut of meat for your tastes can be a challenge. Unless you grew up in a butcher shop, it's tough to know where to start. There's a time and a place for nearly every cut of cow, but when it comes to everyday cooking, look for leaner cuts, and err toward grass-fed steaks if you can find them. A few favorites stand out: flank steak, skirt steak, and the oft-overlooked round provide a great balance of fat, protein, and calories, while sirloin emerges as the best of the common steak cuts.



SHOULDER ROAST (4 OZ)

140 calories
24 g protein
5 g fat (2 g saturated)

Cook it right: Braise it, then slow-cook

SHORT RIBS (4 OZ)

266.5 calories
20 g protein
21 g fat (9 g saturated)

Cook it right: Marinate first; braise and slow cook

RIB-EYE/PRIME RIB (4 OZ)

277 calories
21.5 g protein
21 g fat (9 g saturated)

Cook it right: Sear in 450°F oven, then finish at 325°F.

PORTERHOUSE/T-BONE (4 OZ)

280 calories
21 g protein
21 g fat (8 g saturated)

Cook it right: Broil or pan-sear it

TENDERLOIN (4 OZ)*

280 calories
22 g protein
20 g fat (8 g saturated)

Cook it right: Broil or pan-sear it

* Fillet (aka filet mignon) comes from the tapered end of the tenderloin. As such, its cost and its nutritional numbers are essentially the same.

SIRLOIN (4 OZ)

228 calories
23 g protein
14.5 g fat (6 g saturated)

Cook it right: Broil on high

ROUND (4 OZ)

188 calories
25 g protein
9 g fat (3.5 g saturated)

Cook it right: Broil or pan-sear it

HANGER STEAK (4 OZ)

174 calories
24 g protein
8 g fat (3 g saturated)

Cook it right: Broil or pan-sear it

BRISKET (4 OZ)

285 calories
21 g protein
22 g fat (8.5 g saturated)

Cook it right: Braise it, then slow-cook

SKIRT STEAK (4 OZ)

212 calories
23 g protein
13 g fat (5 g saturated)

Cook it right: Broil or pan-sear it

FLANK STEAK (4 OZ)

176 calories
24 g protein
8 g fat (3.5 g saturated)

Cook it right: Broil or pan-sear it

From the recipe [Barbecue Chicken Pizza](#), page 116.

Pizza Dough

YOU'LL NEED

- 1 package instant yeast
- 1 cup hot water
- ½ tsp salt
- 1 Tbsp sugar or honey
- ½ Tbsp olive oil
- 2½ cups flour, plus more for kneading and rolling

HOW TO MAKE IT

- Combine yeast with the water, salt, and sugar or honey. Allow to sit for 10 minutes while the hot water activates the yeast.
- Stir in the olive oil and flour, using a spoon to incorporate. When the dough is no longer sticky, place on a cutting board, cover with more flour, and knead for 5 minutes.
- Return to the bowl, cover with plastic wrap, and let the dough rise at room temperature for at least 90 minutes. Keeps covered in the refrigerator for up to 2 days.

From the recipe [Chocolate Tart](#), page 87.

Sweet Butter Pastry

YOU'LL NEED

- 2 cups flour
- A pinch of fine sea salt
- ¾ cup cold unsalted butter, diced
- 1 egg
- ½ cup superfine (caster) sugar

HOW TO MAKE IT

- Combine flour and salt in a food processor and pulse to mix. Add the butter and pulse.
- In another bowl, whisk together the egg and sugar. Pour the egg mixture over the flour and butter mixture and then mix with a fork. Squeeze a bit of the mixture between your fingers. If it holds together, transfer the dough to a lightly floured surface; if not, add a couple of teaspoons of ice water and test again.
- Gently knead the dough into a ball, then divide the pastry in half, and flatten into 2 disks. Wrap each disk in plastic wrap and refrigerate for at least 30 minutes before using.

MAKES ENOUGH FOR TWO 9-INCH/23-CM TARTS

SECRET WEAPON

GREMOLATA

Meaty dishes like the Classic Beef Stew from page 105 are best finished with a fresh, contrasting note. Cue gremolata, a combination of garlic, parsley, and lemon used to garnish bold Italian dishes like osso buco. The combination also works on top of grilled steak, roast chicken, and pasta. To make, combine 2 tablespoons minced garlic with ½ cup minced fresh parsley and 1 tablespoon grated lemon zest.



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I'll Have What She's Having

Have the Baby, Keep the Body

Music superstar and new mom **Carrie Underwood** reveals her tips for staying fit—before, during, and after giving birth

It's no secret that Carrie Underwood is serious about health.

Ever since winning *American Idol* ten years ago, the multi-Grammy-winning singer has been sharing her vegan diet and workout tips with her millions of fans. She even created Calia, an athleisure line designed to go from the gym to a lunch date without breaking a sweat. So when she got pregnant with her first child (son Isaiah turns one in February) she was prepared for a rapid return to form. Here's how she got her body back after baby.

CARRIE LIGHT:
The country star's get-slim secret is carb-free dinners and plenty of smart snacks.



Did you have a specific post-baby weight-loss plan?

It really wasn't about losing weight at all. It was more about taking back control of my body, because it was on loan for a while, busy growing a human. The one trick I use now, which I should have been using all along, is to make dinner a no-carb meal. I'll do a vegan protein and vegetables, and no bread. I think carbs are important and good energy, but when I don't eat them at night, I wake up and I feel like my belly's flat first thing in the morning.

What were you eating during the pregnancy?

In the beginning, I had cravings for pumpkin. I put it in my oatmeal, and I made this "pumpkin/chocolate" pudding. I also ate a lot more cereal. I don't eat meat, and cereal is iron-fortified.

Do you have a sweet tooth?

Not normally. If I want something sweet, I'll have one of those Godiva 80% dark chocolate squares after a meal, and it's oh-so nice.

What's a typical food day for you now?

At least one meal a day is whatever I can grab. If I'm trying to feed Isaiah and get ready myself, I'll start with a breakfast burrito or instant oatmeal, where all you do is add hot water to it. For lunch, I'm good with one of my veggie sandwiches [see recipe].

You're vegan and your husband (hockey player Mike Fisher) isn't. How does that work?

My husband says I eat rabbit food, but it works for me. For dinner we eat the same veggies then he'll have his meat, and I'll have my faux-meat. If we're cheating on carbs, I do a crockpot lasagna: It's so easy to get pasta now that is made of quinoa—it actually has protein and fiber and all that good stuff in it. I like to use Daiya vegan cheese, too. It's yummy.

What's your snack strategy?

I'm wary of trail mixes because they're so high in calories, but I've found some good trail mixes in Whole Foods, and I don't know what I would do without my Kashi cereal. I'll throw some in a plastic Ziploc baggie and put it in my purse or backpack. Those are the kinds of things I always have on me to give me energy and keep me sustained until I get home.

Recipe

Carrie's Special Veggie Sandwich

YOU'LL NEED

2 slices of Ezekiel Bread
Mustard or hummus or
Vegan-aise ("It's much
better than mayo!")
Sliced avocado
("The perfect food.")

A variety of very thinly sliced
vegetables including
lettuce, tomato, and
zucchini strips
Daiya vegan cheese
Alfalfa sprouts

HOW TO MAKE IT

- Put your spread of choice on the bread; layer the veggies, cheese and avocado. Serve topped with sprouts.

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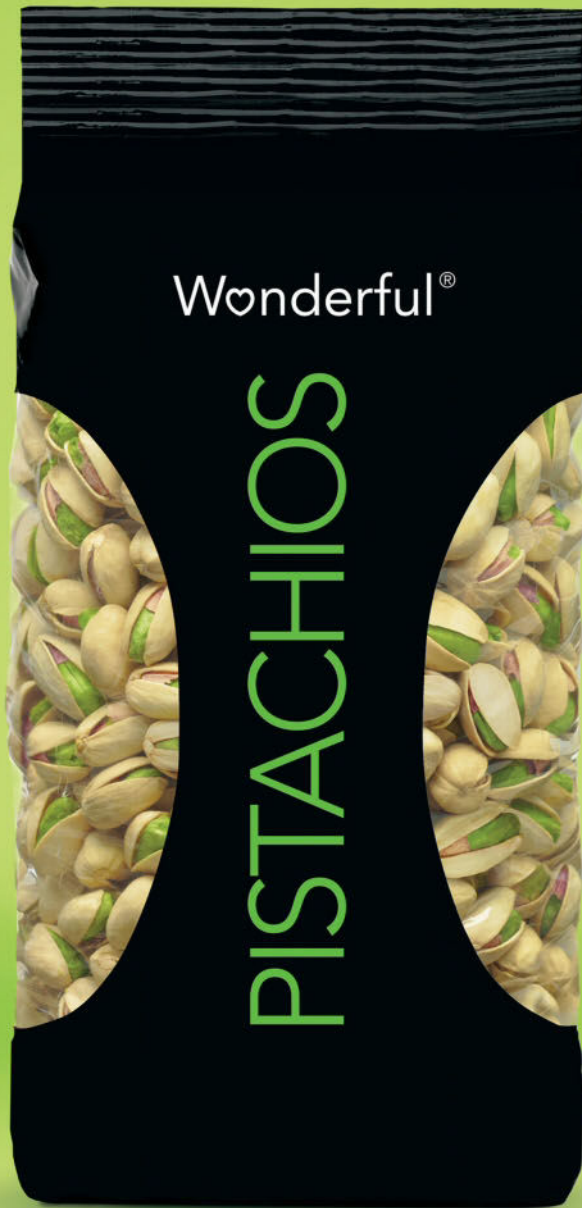
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Grace your garden with the shimmering beauty of this high-climbing Clematis. The vigorous vine blooms all season long, covering itself with silvery lavender-blue blossoms. A circle of dark red stamens at the center of each flower adds eye-catching counterpoint, and the dark green leaves make an ideal backdrop for these ethereal blooms. Planted in sun or partial shade, the vine will grow up to 7' tall.

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